



# IN GOOD HEALTH NEWSLETTER...



## Volume 2, Issue 6

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## Did You Know?

**Skin cancer is the most common cancer in the United States. Every year, nearly 5 million people are treated for skin cancer, at a cost of about \$8 billion.**

**Melanoma causes around 9,000 deaths per year in the U.S.**

## Valerie Smith, MS, ACM JIF Wellness Director

**June:  
Skin Cancer Awareness  
Better Sleep Month**

### Skin Cancer

Skin cancer is the most common cancer in the United States. Some people are at higher risk of skin cancer than others, but anyone can get it. The most preventable cause of skin cancer is exposure to [ultraviolet \(UV\) light](#), either from the sun or from artificial sources like tanning beds.

#### Risk Factors for Skin Cancer

- A lighter, natural skin color
- Family History of skin cancer
- Personal history of skin cancer
- History of sunburns, especially early in life
- History of indoor tanning
- Skin that burns, freckles, reddens easily, or becomes painful in the sun
- Blue or green eyes
- Blonde or red hair
- Certain types and a large number of moles

#### Types of Skin Cancer

**Melanoma** is the most serious form of skin cancer. It begins in cells in the skin called melanocytes (cells that produce pigment and cause your skin to tan). It is the leading cause of death from skin disease.

**Basal cell skin cancer** grows slowly. It usually occurs on areas of the skin that have been in the sun. It is most common on the face. Basal cell cancer rarely spreads to other parts of the body.

**Squamous cell skin cancer** also occurs on parts of the skin that have been in the sun. But it also may be in places that are not in the sun. Squamous cell cancer sometimes spreads to lymph nodes and organs inside the body.

#### Indicators of skin cancer may include:

- Irregular borders on moles (ragged, notched, or blurred edges)
- Moles that are not symmetrical (one half doesn't match the other)
- Colors that are not uniform throughout
- Moles that are bigger than a pencil eraser
- Itchy or painful moles
- Itchy or painful moles
- New moles
- Sores that bleed and do not heal
- Red patches or lumps

[CDC.GOV](http://CDC.GOV)

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# Skin Cancer



## Protect Yourself

- Avoid prolonged exposure to the sun when possible.
- Wear sunscreen with a minimum of SPF 15.
  - SPF refers to how long a person will be protected from a burn. (SPF 15 means a person can stay in the sun 15-times longer before burning.) SPF only refers to UVB protection.
  - To protect against UVA, look for products containing: Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone.
  - Sunscreen performance is affected by wind, humidity, perspiration, and proper application.
  - Throw away sunscreens after 1–2 years (they lose potency).
  - Apply liberally (minimum of 1 oz) at least 20 minutes before sun exposure.
  - Apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
  - Reapply at least every 2 hours and each time a person gets out of the water or perspires heavily.
  - Some sunscreens may lose their effectiveness when applied with insect repellents. You may need to reapply more often.
- Wear clothing with a tight weave or high-SPF clothing.
- Wear wide-brimmed hats and sunglasses with UV protection and side panels.

## Protect Your Employees

- Encourage sun safety among your employees and provide sun protection when possible. This includes wearing protective clothing; sunglasses; and hats that shade the face, ears, and back of the neck and using broad spectrum sunscreen with an SPF of 15 or higher.
- Schedule breaks in the shade and allow workers to reapply sunscreen throughout their shifts.
- Modify the work site by;
  - Increasing the amount of shade available—for example, with tents, shelters, and cooling stations.
  - Decreasing UV reaction by covering bright or shiny surfaces.
- Create work schedules that minimize sun exposure. For example, schedule outdoor tasks like mowing for early morning instead of noon, and rotate workers to reduce their UV exposure.
- Add sun safety to workplace policies and training.



## UV Rays are strongest:

- During midday.
- Near the equator.
- During summer months. • At high altitudes.
- Employers can train workers to use the [UV Index](#) and adjust scheduled work when UV levels are “very high” or “extreme.”

## Choose Sun-Safety Strategies That Work

- Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn't be the only defense against the sun. For the best protection, encourage your outdoor workers to use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.

[skincancerprevention.org](http://skincancerprevention.org)

# Better Sleep



**10** Tips for *Better Sleep*

- MAINTAIN A CONSISTENT **DAILY SCHEDULE**
- REDUCE** CAFFEINE INTAKE
- TURN OFF THE COMPUTER OR TELEVISION**
- DONT GO TO BED ON A FULL STOMACH**
- DONT GO TO BED ON AN EMPTY STOMACH**
- ENGAGE IN REGULAR EXERCISE**
- LIMIT BEVERAGE CONSUMPTION BEFORE BED**
- KEEP YOUR BEDROOM DARK & QUIET**
- INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING**
- GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK**

By **signature MD**  
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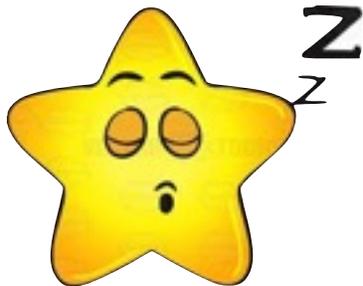
## How Much Sleep?

A national panel of sleep experts **released new recommendations** that call for more hours of sleep for most young people.

The National Sleep Foundation, a nonprofit aimed at promoting healthy sleep and safety, says the amount of sleep a person needs is highly variable and that some people need more than others. Still, the new hour ranges for each age group recommend more hours for infants, kids and teens:

- **Newborns (0-3 months)** : Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- **Infants (4-11 months)**: Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- **Toddlers (1-2 years)**: Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- **Preschoolers (3-5)**: Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- **School age children (6-13)**: Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- **Teenagers (14-17)**: Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- **Younger adults (18-25)**: Sleep range is 7-9 hours (new age category)
- **Adults (26-64)**: Sleep range did not change and remains 7-9 hours
- **Older adults (65+)**: Sleep range is 7-8 hours (new age category)

[time.com](https://www.time.com)



## Additional Tips for Better Sleep

From a health and fitness perspective, a good night's sleep helps us stay lean by helping to maintain good insulin sensitivity. It cuts the risk of common colds and increases resilience to stress. It also improves memory and performance. Finally, a good night's sleep is crucial for GH and testosterone levels, which give men and women more strength and vitality.

### 1. Make the room cold.

For most people, the ideal temperature for sleeping is somewhere between 60 and 68 degrees Fahrenheit. You'll have to experiment to find what feels best for you, but the first sign of favorable sleeping conditions is a chilly bed - think about how much you toss and turn on hot summer nights. If you shiver when getting underneath the sheets, this should be a good sign that the temperature will be favorable for staying asleep.

### 2. Control red and blue light.

Quick science lesson: Light waves exist along a spectrum of color. Wakefulness is triggered primarily by blue light, like midday sunshine or what's emanating from your computer screen right now. A warm red glow, say, from a fireplace, does almost nothing to impair sleep. That's a good thing.

### 3. Improve the Cortisol Awakening Response (CAR).

A good way to improve your sleep quality is to strengthen the initial spike in wakefulness that occurs in the morning. In other words, the more awake you feel in the morning, the more tired you'll feel in the evening.

The best way to do this is to expose your body to natural sunlight shortly after waking for as little as ten minutes. Sunlight brings the bonus of increased vitamin D production, which is important for overall health.

If natural sunlight exposure is unrealistic or you're waking up before the sun rises, artificially simulated sunlight can work, too. For example, there are alarm clocks available that emit light gradually in order to prepare your body to wake up.

Finally, remember that vitamin D is what your body normally produces in response to sunlight and it's tied into your wakefulness patterns. So if you're supplementing vitamin D, try taking it in the morning.

Try this tonight: Get some sunlight -- or something resembling sunlight -- first thing when you wake up.

### 4. Set a schedule and stick to it.

This one requires some discipline, but it's worth trying. Wake up at the same time every day, even on weekends. Your body can't establish an effective rhythm if you don't allow it to normalize to a pattern.

If you stay up late, don't sleep in. Instead, plan on going to bed a little earlier the next night.

Generally, the sleep you get before midnight will be more valuable than the sleep you get after midnight, so always think in terms of making up for lost sleep by going to bed early the next night rather than sleeping in.

zzzzzzzz

### 5. Read for 15 minutes before bed.

Avoid intellectually stimulating fare and use this time for light reading. It will reduce mental chatter and allow you to relax and let go of the day's preoccupations.

### 6. Make your room as quiet as possible.

White noise like a fan can help with sleep, but exposure to things like traffic noise has been shown to decrease overall sleep quality. It's difficult to drift off to sleep when people are loud and blaring their horns outside your place.

### 7. Establish a sleep ritual.

Once you find out what helps you sleep the most consistently, make it a consistent ritual so that as soon as you're an hour away from bedtime you're already on a reliable path to good sleep.

## Top 10 Sleep Myths Debunked

**Sleep Myth:** Eight hours of sleep is a luxury; six hours is realistic.

**Truth:** Sleeping should not be treated as a luxury, but as a necessary part of total health. People who get the proper amount of sleep feel better, look better and are overall in better health. This is a major step to enjoying life more. I always tell people that it is hard to enjoy life when you are too fatigued to do what you like.

**Sleep Myth:** If I don't get enough sleep at night, I can make up for it with a nap during the day.

**Truth:** While naps can rejuvenate you enough to get through the day, they are not a permanent solution to sleep deprivation. If you must nap, avoid them after 3 p.m. or you'll affect your ability to sleep at night, creating a vicious cycle.

**Sleep Myth:** The weekends are a great time to rest for a long week ahead.

**Truth:** You can't "bank" sleep and store it up for the future. Although being well-rested will help you cope a bit better with lost sleep, sluggishness will set in.

**Sleep Myth:** Hitting the snooze button will give me a few extra minutes of rest I need to feel energized.

**Truth:** If you're snoozing, you're sleep-deprived. Sleep does not come in nine-minute intervals, so be realistic about the time you need to get up. I like hitting the snooze alarm one time and doing light stretching with the light on. This gives you a gentle way to wake up.

**Sleep Myth:** I'll learn more if I pull an all-nighter and cram for a test.

**Truth:** If you pull an all-nighter, your memory may fail you during that big test. It's during the REM stage of sleep that we consolidate memories from the day before. If we are trying to learn new information and skimp on sleep we won't remember as much information.

**Sleep Myth:** If I wake in the middle of the night, I should read a book or watch TV until I become sleepy.

**Truth:** The bright light from your TV or lamp will only wake you up further. If you get up at night, go into another room and keep the room dark. I suggest meditating or doing light stretching until you feel ready for sleep again.



**Sleep Myth:** As I get older, my body requires less sleep.

**Truth:** Research has shown that as we get older we still need the same amount of sleep as when we were younger. In fact, older adults need to spend more time in bed to get the same amount of sleep, thanks to the aches, pains and medications that wake them up at night.

**Sleep Myth:** Snoring may be annoying, but it's harmless.

**Truth:** Habitual snorers can be at risk for serious health problems, including sleep apnea, which can result in high blood pressure and a higher risk of heart attack and stroke. Not to mention the impact that snoring can have on your quality of sleep and that of your sleep partner!

**Sleep Myth:** Lack of sleep may make me feel tired, but it doesn't have a severe impact on my health.

**Truth:** The consequences of even one hour of sleep loss for one night can be an increase in heart attacks. The masses of the sleep-deprived have a higher risk of illness — from heart disease, to Type 2 diabetes, stroke, obesity and depression.

If your ready for a new sleep routine, check out "Your Guide to Healthy Sleep" (click on link)

Huffington [post.com](http://post.com)

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# HEARTY KALE SALAD



If you're hoping to get a better night's sleep, try adding some of these sleep-enhancing foods to your diet. Studies have shown tart [cherry juice](#) and jasmine rice, and the nutrients in fish, yogurt, whole grains, kale, bananas, chickpeas and fortified cereals to lead to a more restful night's sleep.

**Makes:** 4 servings, about 1 1/2 cups each

**Active Time:** 25 minutes

**Total Time:** 25 minutes

## INGREDIENTS

6 cups very thinly sliced kale (about 1/2 large bunch), tough stems removed (see Note)  
2 hard-boiled eggs (see Tip), coarsely chopped  
2 slices center-cut bacon  
2 tablespoons extra-virgin olive oil  
1/2 cup chopped onion  
1 1/2 cups sliced button mushrooms  
2 tablespoons red-wine vinegar  
2 teaspoons whole-grain mustard  
1/4 teaspoon freshly ground pepper  
1/8 teaspoon salt

## TIPS & NOTES

**Note:** Choose organic kale when possible. Nonorganic can have high pesticide residue.

**Tip:** To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

## PREPARATION

- 1 Place kale and eggs in a large bowl.
- 2 Cook bacon in a large [skillet](#) over medium heat until crisp. Leaving the bacon fat in the pan, transfer the bacon to a paper towel-lined plate. Chop when cool enough to handle.
- 3 Add oil and onion to the pan and cook, stirring, for 2 minutes. Add mushrooms and cook, stirring, until softened, about 2 minutes more. Remove from the heat and stir in vinegar, [mustard](#), pepper and salt. Pour the mushroom mixture over the kale and eggs. Add the bacon and toss to combine.

## NUTRITION

**Per serving:** 182 calories; 12 g fat (2 g sat, 7 g mono); 97 mg cholesterol; 14 g carbohydrates; 0 g added sugars; 9 g protein; 3 g fiber; 268 mg sodium; 623 mg potassium.

**Nutrition Bonus:** Vitamin A (312% daily value), Vitamin C (205% dv), Potassium (18% dv), Calcium (16% dv)

**Carbohydrate Servings:** 1/2

**Exchanges:** 1 1/2 vegetable, 1/2 medium-fat meat, 2 fat