

LIVING HEALTHIER



Carolinus HealthCare System



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

May 2017

MAY IS SKIN CANCER PREVENTION MONTH NO MATTER THE COLOR OF YOUR SKIN, YOU ARE AT RISK FOR SKIN CANCER

Warning Signs

It's crucial to detect skin cancer early, when it is easiest to treat and most likely to be cured. It is advised that people of all ethnicities to do a monthly skin self-exam and see a dermatologist annually — and sooner if any of the warning signs appear:

- A bump, patch, sore or growth that bleeds, oozes, crusts, doesn't heal or lasts longer than a month. This may indicate **basal cell carcinoma**.
- An ulcer, scaly red patch, wart-like growth or sore that sometimes crusts or bleeds could be a sign of **squamous cell carcinoma**. This type of skin cancer can also develop in old scars or areas of previous physical trauma or inflammation.
- New or existing moles that are asymmetrical, have an irregular border, more than one color, are larger than a pencil eraser or change in any way may indicate **melanoma**. Pay special attention to suspicious spots on the hands, soles of the feet or under the nails, which could signify acral lentiginous melanoma (ALM).

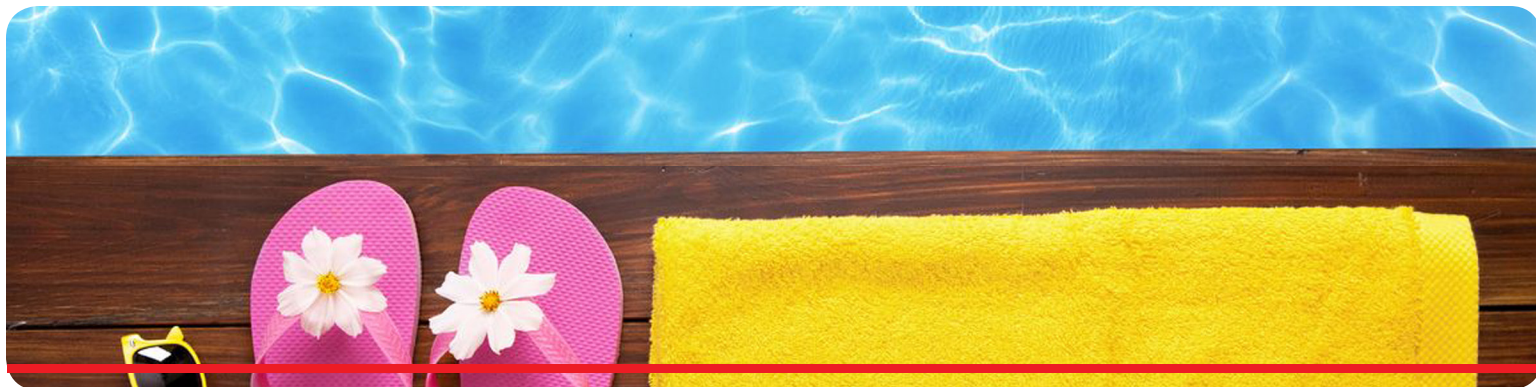


Tips on How to Prevent Skin Cancer

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not burn**.
- **Avoid tanning** and UV tanning beds.
- **Cover up with clothing**, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce (2 tablespoons) of sunscreen** to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun**. Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your physician** every year for a professional skin exam.

Source: www.skincancer.org

Learn more about how to keep kids fit at: cannonymca.org



SOUTH OF THE BORDER BEANS AND RICE

CINCO DE MAYO MENU!

This vegetarian entrée features hearty brown rice and colorful bell peppers, corn, tomatoes and black beans. Unlike white rice, brown rice retains its outer layer of bran and its germ. This results in more fiber and nutritional value. Beans are also full of fiber, potassium, folate and iron. Cumin, turmeric and chilies add a depth of unique flavor to this classic pairing.

Ingredients

- 1 Tbsp. extra virgin olive oil
- 1 medium green bell pepper, seeded and chopped
- 1 medium red bell pepper, seeded and chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 16 oz. reduced-sodium vegetable broth
- 1 cup uncooked brown rice
- ½ tsp. cumin
- ⅛ tsp. turmeric
- 1 can (15 oz.) black beans, drained and rinsed (or use no salt added)
- 12 oz. corn kernels, no salt added canned, or frozen, thawed
- 1 can (4 oz.) mild green chiles, diced
- 1 can (14 oz.) diced tomatoes, drained
- Salt and freshly ground black pepper to taste



Directions

- In medium pot, heat oil over medium high heat. Add peppers, onion and garlic and sauté for about 4 minutes.
- Stir in broth, rice, cumin and turmeric. Bring to boil. Reduce heat, cover and simmer for 45-50 minute or until rice is tender (do not stir during this time). Then gently stir in beans, corn, chiles and tomatoes. Heat through and let stand 5 minutes. Season to taste with salt and pepper and serve.
- Makes 8 servings.

Nutrition facts per serving: 220 calories, 3g total fat (0g saturated fat), 42g carbohydrate, 7g protein, 6g dietary fiber, 70mg sodium

Source: www.aicr.org



MAY WELLNESS EVENTS

ALL EVENTS ARE HELD IN THE LOBBY OF EACH CANNON Y BRANCH

Ask the Experts | 9-11am

Ask the Dietitian Nutritionist is a monthly event offered at each branch of the Cannon YMCA. At these events, members are given the opportunity to learn more about nutrition and its impact on health, as well as pick up tips on healthy eating habits.

Stop by and see Alicia Knetsche, Registered Dietitian Nutritionist and Erin Coggins, Registered Nurse with Carolinas HealthCare System, to discuss any health related questions and to learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a FREE event.

Meet with the Registered Nurse

Kannapolis: May 15
Harrisburg: May 17
West Cabarrus: May 25

Meet with the Registered Dietitian Nutritionist

Kannapolis: May 9
West Cabarrus: May 17
Harrisburg: May 25

Cooking Class

(Must sign up at 2nd floor Courtesy Counter)

May 10 | 10:00am
West Cabarrus Branch