



live well, work well

May 2012

Brought to you by:

Safe and Fun in the Sun

May is Skin Cancer Detection and Prevention month, the perfect time to brush up on ways to protect your loved ones, since warmer weather means more time spent soaking up the sun.

Each year, 3.5 million cases of skin cancer are diagnosed, making it the most common form of cancer in the United States. The good news is that skin cancer is easily cured if detected early, so doctors recommend that you perform a monthly self-examination. Here's what to look for:

- A skin growth that increases in size and looks pearly, translucent, tan, brown, black or multicolored.
- Any brown spot (including moles, birthmarks, etc.) that:
 - changes color or texture
 - increases in size or thickness
 - is irregular in outline
 - is larger than ¼ inch
 - appears after age 21.
- A spot or sore that continues to itch, hurt, crust, scab, erode or bleed.
- An open sore that does not heal within three weeks.



Here are a few ways you can protect your skin when spending time outside:

- Generously apply a water-resistant sunscreen of SPF 30 or higher whenever outside, even on cloudy days. Reapply every two hours and after swimming or sweating.
- Wear breathable, protective clothing, such as a long-sleeve shirt, pants, a wide-brimmed hat and sunglasses when possible.
- Seek shade between 10 a.m. and 4 p.m. as the sun's rays are strongest during this time.
- Use extra caution—and extra sun screen—near water, snow and sand which can reflect and intensify the sunlight.
- Avoid tanning beds as the ultraviolet light from them can cause skin cancer and wrinkling.

Outdoor Exercise

Ready to move your exercise routine outdoors? As the temperature climbs, so does your risk of suffering from a heat-related illness. Review the list below to stay safe as the mercury rises:

- Stay hydrated by drinking plenty of water the day before, the day of, and after your workout.
- Avoid exercising between 10 a.m. and 4 p.m., the hottest period of the day.
- Wear a hat and sunglasses to reduce exposure to the sun.
- Be aware of the symptoms of a heat-related illness and take immediate precautions if you begin to feel faint, dizzy, nauseated, are sweating heavily, or experiencing a weak or rapid heartbeat.

DID YOU KNOW

Without taking the necessary precautions, exercising in high temperatures can lead to:

- Heat cramps
- Heat exhaustion
- Heatstroke



Food Safety Tips for Grilling

It's grilling season! When planning your next outdoor menu (see kebobs recipe below!), one item you'll definitely want to leave off the plate is foodborne illness—here's how:

- **Wash everything** – Before and after cooking, wash all indoor and outdoor surfaces that will come into contact with food. Be especially careful to wash everything that comes into contact with raw meat or poultry and wash your hands often to prevent contamination.
- **Marinate safely** – If you plan on marinating raw meat, do so in a covered container in a refrigerator, not on the counter. This decreases the risk of bacteria.
- **Keep everything covered** – Cover all food with tin foil while outside. This keeps insects or bacteria from landing on and contaminating your food.

- **Keep hot foods hot** – Grilled food that is finished cooking can be kept hot until serving by moving it to the side of the grill rack. This keeps the food from overcooking and prevents bacteria from forming.



Budget-friendly Vacations

Dreaming of a summer get-away that doesn't bust your budget? As you plan your trip, consider these money-saving travel tips.

- Comparison shop airport options. Big cities often have multiple airports, or smaller ones nearby. The cheapest option might be worth the drive.
- Pack a single carry-on bag. Many airlines are charging up to \$100 for each checked piece of luggage. Plus, if your luggage is lost or delayed, you may have to purchase new items for your vacation.
- Consider vacationing with friends or family. Sharing a rented townhome is often less expensive than staying in a hotel. Check out www.airbnb.com, a vacation rentals service that matches travelers seeking cheaper short-term accommodations with private rental options.
- To save on food, many websites offer deals at certain restaurants, so be sure to research any specials before you hit the road. Or, rent accommodation with a kitchen so you can cook "at home."
- Convert to foreign currency before you leave. Many airport currency exchanges and foreign ATMs often charge hefty fees, so it is best to change your money at a bank before you leave.
- Staycation instead. The best way to save money might be to take a few days off to explore your city or one nearby. You might be surprised to discover that you don't have to travel far or spend a lot of money to feel like you got away from it all.

Cilantro-lime Shrimp Kebabs

Celebrate the weather by dusting off your grill and cooking up these simple, delicious cilantro-lime shrimp kebabs.

- 16 large shrimp, uncooked, deveined
- the juice of 3 large limes, or about ¼ cup of juice
- 2 cloves of garlic, crushed and peeled
- ¼ tsp black pepper
- 2 tsp olive oil
- 2 tbsp fresh cilantro, cleaned and chopped
- 10 medium cherry tomatoes, rinsed and dried
- 10 white button mushrooms, wiped clean and stems removed

In a glass measuring cup, add the lime juice, garlic, pepper, olive oil, and cilantro and stir. Place the shrimp in a medium bowl and pour the cilantro lime marinade over the shrimp. Let marinate for only 10 to 15 minutes in the refrigerator. Alternate cherry tomatoes, mushrooms and shrimp on four skewers. Grill the skewers over a medium heat for 3 to 4 minutes on each side until the shrimp are just cooked through.

Yield: 2 servings. Each serving provides 160 calories, 6g total fat, 1g saturated fat, 17g carbohydrates, 95mg sodium and 4g fiber.

Source: www.cdc.gov

