



Kauai Nation Women's Health

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EYE DAMAGE

The sun can also burn your eyes. UV light damages the retina, a thin layer of tissue that lines the back inner wall of your eyeball. Burning your eyes can also damage the lens, a clear structure inside your eye that changes shape to help focus objects. This can lead to progressive clouding of the lens (cataracts).



Summer skin care tips

Summer brings longer days and outdoor activities. As the temperature rises, the need to protect your skin increases as well. Summer skin requires special care to protect it and keep it clean. By following some summer skin care tips, you can enjoy the warm weather without worrying about skin damage.

Protect

Overexposure to the sun's harsh rays may result in a sunburn. Repeated sunburns increase the risk of premature wrinkles, skin discoloration and even skin cancer. Applying a broad-spectrum sunscreen every two hours or after you sweat or swim — even on days that are overcast — helps protect your skin from overexposure. Apply the sunscreen 30 minutes before you go outside for optimum protection. Stay in the shade as much as possible when you're

outdoors, especially when the sun's rays are their strongest. Schedule your outdoor activities before 10 a.m. and after 4 p.m. to avoid the sun's harshest rays.

Clean and moisturize

You may bathe or shower more often during the summer, but harsh soaps can remove protective oils from your skin, so limit your bath or shower time and use warm — *not hot* — water to reduce over drying your skin. Apply moisturizer to skin soon after showering or washing your face.

Soothe

Sunburn can occur despite your precautions. Soothe painful sunburn by rinsing skin in cool water without scrubbing, and apply an over-the-counter sunburn relief solution or make your own.



"You can never appreciate the shade of a tree unless you sweat in the sun."

— UNKNOWN

Sunburn treatment doesn't heal your skin or prevent damage to your skin, but it can reduce pain, swelling and discomfort. You may find home remedies helpful. Sunburn typically resolves on its own within several days, depending on the severity of the burn.

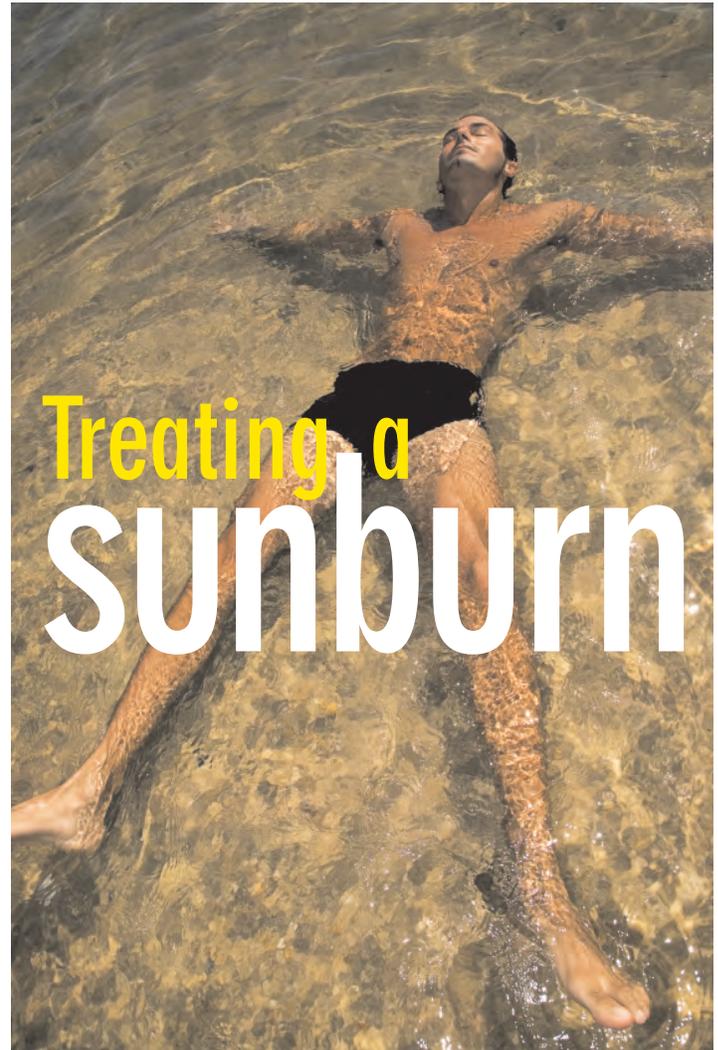
Once sunburn occurs, you can't do much to limit damage to your skin. However, the following tips may reduce your pain and discomfort in the hours and days following sunburn:

✧ **Take anti-inflammatory medication**, such as aspirin or ibuprofen (Advil, Motrin, others), on a regular basis according to the label instructions until redness and soreness subside. Use caution when giving aspirin to children or teenagers. Though aspirin is approved for use in children older than age 2, *children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin*. This is because aspirin has been linked to Reye's syndrome, a rare but potentially life-threatening condition, in such children. Talk to your doctor if you have concerns.

✧ **Apply cold compresses** — such as a towel dampened with cool tap water — to the affected skin. Or take a cool bath or shower.

✧ **Apply a moisturizing cream**, aloe vera lotion or hydrocortisone cream to affected skin. A low-dose (0.5 percent to 1 percent) hydrocortisone cream may decrease pain and swelling and speed up healing.

✧ **If blisters form, don't break them.** They contain your natural body fluid (serum) and are a protective layer. Also, breaking blisters slows the healing process and



increases the risk of infection. If needed, lightly cover blisters with gauze. If blisters break on their own, apply an anti-bacterial cream.

✧ **Drink plenty of fluids.** Sun exposure and heat can cause fluid loss through your skin. Be sure to replenish those fluids to prevent dehydration — when your body doesn't have enough water and other fluids to carry out its normal functions.

✧ **Corticosteroid medication.** Corticosteroid medication, such as prednisone, can speed the healing of the skin and reduce pain and swelling. These medications aren't prescribed very often because the medication isn't helpful

beyond 24 to 48 hours after the sunburn. Talk to your doctor about these and other ways to treat sunburn.

✧ **Treat peeling skin gently.** Within a few days, the affected area may begin to peel. This is simply your body's way of getting rid of the top layer of damaged skin. While your skin is peeling, continue to use moisturizing cream.

Some products — such as topical "-caine" products, for example, benzocaine — claim to relieve sunburn pain. Some dermatologists warn against using these products because they can irritate the skin or cause an allergic reaction.

**We're on the Web: Log on to www.kawnation.com
Go under "Departments and Services" and find "Women's Health Program"**

Moles and skin cancer screening

When it comes to your health and skin cancer, it's a good idea to be proactive and keep an eye out for dangerous moles. Moles can be linked to skin cancer. This is especially true if you already have moles on your body, or if you have a family history of skin cancer linked to moles.

In addition to limiting your exposure to sunlight and using sunscreens, examining yourself for moles can reduce your chances of developing melanoma, a serious form of skin cancer, or allow for early detection and treatment.

Skin cancer screening schedule

If you or a close relative have moles, you should examine your body once a month. Most moles are benign (non-cancerous). The only moles that are of medical concern are those that look different than other existing moles or those that first appear after age 20.

If you notice changes in a mole's color or appearance, you should have a dermatologist evaluate it. You also should have moles checked if they bleed, ooze, itch, appear scaly, or become tender or painful.

What should I look for when examining my moles?

Examine your skin with a mirror. Pay close attention to areas of your skin that are often exposed to the sun, such as the hands, arms, chest and head. If your moles do not change over time, you don't have to be concerned.

The following ABCDEs are important signs of moles that could be skin cancer. If a mole displays any of the

signs listed below, have it checked immediately by a dermatologist:

Asymmetry. One half of the mole does not match the other half.

Border. The border or edges of the mole are ragged, blurred or irregular.

Color. The mole has different colors, or it has shades of tan, brown, black, blue, white or red.

Diameter. The diameter of the mole is larger than the eraser of a pencil.

Elevation. The mole appears elevated (raised from the skin).

You should always be suspicious of a new mole. If you do notice a new mole, see your dermatologist as soon as possible. He or she will examine the mole and

take a skin biopsy (if appropriate). If it's skin cancer, a biopsy can show how deeply it has penetrated the skin. Your dermatologist needs this information to decide how to treat the mole.

The most common location for melanoma in men is the back; in women, it is the lower leg. Melanoma is the most common cancer in women ages 25 to 29.

Skin cancer: what to look for

Sun exposure that's intense enough to cause sunburn can also damage the DNA of skin cells. This damage sometimes leads to skin cancer. Skin cancer develops mainly on areas of skin exposed most to sunlight, including your scalp, face, lips, ears, neck, chest, arms and hands, and on the legs in women.

Some types of skin cancer appear as a small growth or as a sore that bleeds, crusts over, heals and then reopens. In the case of melanoma, an existing mole may change, or a new, suspicious-looking mole may develop. Other types of melanoma develop in areas of long-term sun exposure and start as dark flat spots that slowly darken and enlarge, known as **lentigo maligna**.

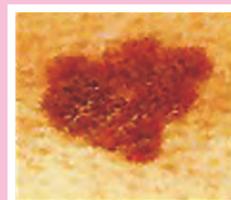
See your doctor if you notice a new skin growth, a bothersome change in your skin, a change in the appearance or texture of a mole, or a sore that doesn't heal.

A

Asymmetry



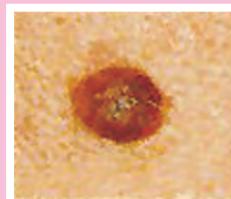
Symmetrical



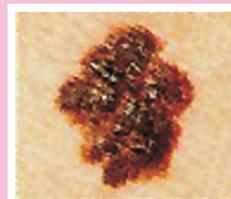
Asymmetrical

B

Border



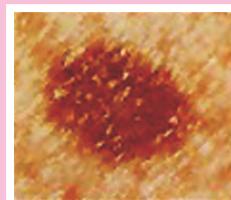
Even edges



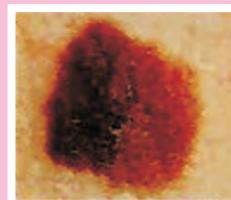
Uneven edges

C

Color



One shade



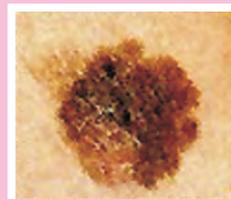
Two or more shades

D

Diameter

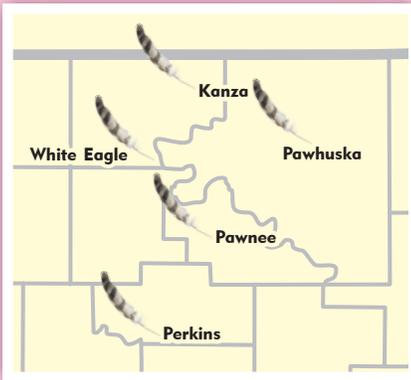


Smaller than 6 mm



Larger than 6 mm

Staying **HYDRATED**



Contact your clinic to schedule an appointment with the Kaw Nation Women's Health Program

Kanza

580-362-1039

White Eagle

580-765-2501

Pawnee

918-762-2517

Pawhuska

918-287-4491

Perkins

405-547-2473

The **Kaw Nation Women's Health Program** does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female Nurse Practitioner/CDC Screener.

Sponsored by
U.S. Department of Health and Human Services
Division of Cancer Prevention and Control
4470 Buford Highway NE
Atlanta, GA 30341-3717

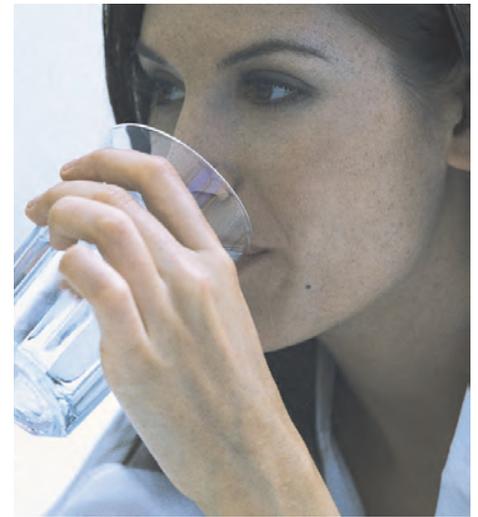
Kaw Women's Health Program
3151 East River Road
P.O. Box 474
Newkirk, OK 74647
Office 580-362-1039
Fax 580-362-1467

The effects of dehydration can be horrible. The symptoms can range from dry mouth and muscle aches, to fatigue and nausea. Dehydration can be easily prevented provided one follows some simple steps. Remember that an increase in heat is a cause for dehydration, and one should be particularly vigilant during these times. The following is a list of suggestions to help one stay hydrated in the summer heat.

◆ **Environment is crucial when it comes to an economy of water.** Working in hot environments is a major cause of dehydration. Activities shouldn't be scheduled in the hottest parts of the day. If one must expose themselves to laborious activities during the heat of the day, drink plenty of fluids to prevent a significant loss of water in the body.

◆ **Not everyone is susceptible to heat in the same fashion.** Typically, people who are young or elderly in age are at the greater risk than the majority of the population. In the case of the young, adults must place extra care on the child when conditions are presented.

◆ **Knowing the symptoms of dehydration is important in reminding one to hydrate.** Symptoms are thirst as well as a decrease in urination. The color of urine is also an indicator of how well hydrated the body is. The decrease in urination has symptoms of its own. The decrease in urination is the means by which the body attempts to conserve



water. Urine, as it is in what might be called a condensed format, will appear to be much more yellow in color.

◆ **Keeping liquids with you at all times is an easy way to prevent dehydration.** Keep bottles of water and juices on hand for activities one participates in on hot days.

◆ **Rest is essential to the health of the body.** A short rest in the shade is beneficial for both cooling the body down. By cooling the body down a conservation of water is actually taking place. The cool body limits the amount of water the body loses through sweat and breathing. This is also why it is of particular importance to properly rest after long work in the heat.

A healthy summer diet can keep you cooler

Follow a healthy diet that includes whole grain products, plenty of fresh vegetables and fruits, and lean sources of protein. Eating foods high in Vitamin C but low in saturated fats and carbohydrates might keep your skin looking younger longer.

Summer heat can leave your body overheated and dehydrated; however, several meals and snacks can help to reduce your core temperature and keep you hydrated during hot summer months. Summer is the best time to increase your fruit and vegetable intake with fresh produce from local

farmer's markets and grocery stores. Fresh fruit, vegetables and lean protein options provide essential nutrients that fuel and cool your body throughout the summer.



We're on the Web: Log on to www.kawnation.com
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