

YOUR PARTNER IN HEALTH

APRIL 2018

SPRING CHECK UP – FREE SKIN CANCER SCREENING



Spring marks the beginning of warmer weather, longer days, outdoor activities, and more sunshine. As our exposure to the sun increases, so must our awareness regarding skin cancer.

Did you know that skin cancer is the most common type of cancer in the United States, and more than 3.5 million people are diagnosed each year? This can be avoided with two powerful weapons: early detection and sun protection.

Learn below about how McLaren Port Huron is partnering with our area dermatologists to host a skin cancer screening, and read about some common sun myths that can be dangerous to your health.

Jennifer Montgomery, MSA, RN, FACHE
President and CEO

We're always looking for ways to empower you to take control of your health and well-being. That's why we're proud to partner with our local dermatologists to provide skin cancer screenings on Wednesday, May 9. At this free event, participants can have a dermatologist check a mole or spot on the skin.

"This event is for someone who has concerns, such as a mole that's changed or doesn't look right," says Kelly DiNardo, BSN, RN, Community Coordinator. "We also teach self-examination at the event, so people know what changes to look for."

This type of screening is very effective. The last time McLaren Port Huron hosted the screening, there were 199 participants, with 39 people identified with a form of skin cancer and a need for a follow-up biopsy. Another 80 participants were referred to a physician for a spot that looked pre-cancerous. These are significant numbers that can result in life-saving intervention.

While detection is essential, it's also important to take precautions in the sun. While most of us know the importance of sun protection, there are a lot of myths out there that can truly cause damage to our skin and health.

HERE ARE A FEW MYTHS, THANKS TO THE AMERICAN SOCIETY FOR DERMATOLOGIC SURGERY:

I'M NOT AT RISK BECAUSE I DON'T SPEND A LOT OF TIME OUTDOORS. The truth is, brief sun exposure throughout the year adds up. This might include driving with the sunroof open or walking around an outdoor mall.

A TANNING BED IS SAFER THAN THE UV RAYS OF THE SUN. False! Tanning beds have UV radiation and for one in five Americans, this exposure can lead to skin cancer. Evidence is also growing that it may increase the risk of developing melanoma.

YOU DON'T NEED TO WEAR SUNSCREEN ON A CLOUDY DAY. Even under cloud cover, it is possible for the sun to harm your skin and eyes and cause long-term damage.

PEOPLE WHO TAN EASILY AND RARELY BURN WILL NOT GET CANCER. Any change in your skin color is a sign of skin damage. The increase in pigment called melanin, which causes your skin to tan, is a sign of exposure to UV radiation and its damage.

Skin cancers can be dangerous, but they can be controlled if caught early. Two powerful tools are a combination of screening and sun protection. Please consider this free screening. It only takes 15-30 minutes, and it just might be the smartest way to celebrate spring.

FREE SKIN CANCER SCREENING

WEDNESDAY, MAY 9

10 a.m. – 3 p.m.

(appointments required)

McLaren Port Huron
Jefferson Building
1320 Washington Ave.
Port Huron, MI 48060

To register, call HealthAccess
at 1-800-228-1484

THANK YOU TO OUR PARTICIPATING DERMATOLOGISTS:

Forefront Dermatology:

- John Pelachyk, MD
- Michael Render, PA-C

Hamzavi Dermatology:

- Syed Hamzavi, MD
- Fasahat Hamzavi, MD
- Jennifer Marlin, PA-C
- Jessica McLeod, FNP-BC

Jean Kegler, MD

