

healthmatters

spartanburgregional.com

SKIN CANCER—A YEAR-ROUND THREAT

May/June 2012

Sun worship yearly recruits new believers and maintains its faithful as spring and summer approach.

But, basking in the sun as well as any exposure to ultraviolet rays (sunlight or tanning beds) is a serious year-round threat to your skin.

This—the largest organ of your body—is a main target for cancer. The most common of all cancers, skin cancer accounts for nearly half of all cancers in the United States.

There are two types:

Non-melanoma skin cancers (basal or squamous cell) develop on sun-exposed areas of the body, like the face, ears, neck, lips and the backs of the hands.

Melanoma accounts for only a small percentage of skin cancer, but it is far more dangerous than other skin cancer and causes most skin cancer deaths.

More than 2 million cases of basal and squamous cell skin cancer are found in this country each year, according to the American Cancer Society. Melanoma will account for more than 75,000 cases of skin cancer in 2012.

The good news is that you can do a lot to protect yourself and your family from skin cancer. Risk factors for both types of skin cancers include:

- Unprotected and/or excessive exposure to UV radiation
- Fair complexion
- Family history
- Multiple or atypical moles
- Severe sunburns as a child
- Occupational exposures to coal tar, pitch, creosote, arsenic compounds or radium

Four S's of prevention: seek, slip, slop, slap

The best ways to lower the risk of non-melanoma skin cancer are to avoid intense sunlight for long periods of time and to practice sun safety:

- Seek shade
- Slip on a shirt
- Slop on sunscreen
- Slap on a hat

Finding possible skin cancers doesn't require X-rays or blood tests—just your eyes and a mirror. Suspicious-looking changes in the skin should be checked out by a doctor.

For more information on skin cancer screening, call 864-560-7999.

TIP:

Avoid the sun between 10 a.m. and 4 p.m.

Visit our website for
more health tips,
events and classes.
spartanburgregional.com



Spartanburg Regional
Healthcare System

Calendar of e v e n t s

MOBILE MAMMOGRAPHY UNIT DATES

Call 864-560-7999 for an appointment; bring your insurance card.

Thursday, May 3

Family Physicians at 290
575 E. Main Street, Duncan

Wednesday, May 9

Family Practice of Woodruff, 511 Cross
Anchor Road, Woodruff

Friday, May 11

Pink Saturday at Walmart
165 Walton Drive, Gaffney

Wednesday, May 30

Inman Family Practice
12230 Asheville Highway, Inman

NICU/PICU REUNION

Saturday, May 12

10 a.m.-12 p.m.

*Spartanburg Regional Healthcare System
Child Development Center*

If you or your child is a graduate of the Neonatal Intensive Care Unit or the Pediatric Intensive Care Unit, please join us for this celebration.

SKIN CANCER SCREENING

Tuesday, May 15

5-7 p.m.

Gibbs Cancer Center

Gibbs Cancer Center is partnering with local dermatologists to offer a free skin cancer screening. The screening is not for people under a dermatologist's care or those who have seen a dermatologist in the past year. Call 560-7999 to register.

GASTRIC BYPASS AND SLEEVE GASTRECTOMY INFORMATION SESSION

Wednesday, May 16 or June 20

6:30-9 p.m.

Family Medicine Conference Room

Spartanburg Regional Outpatient Center

To register, visit spartanburgweightloss.com or call 560-7070.

Online registration and event details are available at spartanburgregional.com.

YES, YOU CAN LOWER YOUR STROKE RISK!

Recent figures show [South Carolina has the nation's eighth highest death rate from stroke.](#)

But, there is also good news. Along with annual checkups, you can control many risk factors related to stroke. Managing high blood pressure, diabetes and high cholesterol, quitting smoking, and maintaining a healthy diet and exercise regime, can all contribute to reducing the risk of stroke.

Who should have stroke screenings?

Anyone over age 50, or over age 40 with risk factors for stroke, carotid artery disease or irregular heartbeat should be checked.

The stroke/carotid artery disease checkup procedure is simple, painless and non-invasive.

In addition to regular checkups, know the risk factors of stroke:

- High blood pressure
- Uncontrolled diabetes
- Smoking
- High cholesterol
- Being overweight or obese
- Little or no exercise

Recognize the signs and symptoms of stroke and act FAST:

F = Face: Is one side of the face drooping down?

A = Arm: Can the person raise both arms, or is one arm weak?

S = Speech: Is speech slurred or confusing?

T = Time: Time is critical. Call 9-1-1 immediately!

Other symptoms include:

- Sudden trouble seeing
- Sudden dizziness
- Sudden severe headache

If you recognize any of these signs—even if they get better—call 9-1-1 immediately, and tell the operator, paramedics or emergency room staff, "I think this is a stroke." Don't delay—this is a medical emergency. Recognizing stroke signs and symptoms and responding quickly by calling 9-1-1 helps to reduce disability and death from stroke.

Spartanburg Regional is accredited for quality stroke care by the Healthcare Facilities Accreditation Program (HFAP), an independent, recognized authority. The certification is based on nationally established standards. Spartanburg Regional was acknowledged as the first certified Primary Stroke Center in S.C. in 2005.

For more information on stroke, please call the Joe R. Utley Heart Resource Center at 864-560-4472.

MANIKINS SIMULATE TRUE-TO-LIFE PATIENT CARE

[Spartanburg Regional Simulation Center now has a total of three patient simulators, funded by a Spartanburg Regional Foundation grant.](#)

The Simulation Center provides virtual learning. The new manikin-patient simulators talk, breathe and have a heartbeat. Patient simulators replicate real-life clinical situations for employees to practice, develop and grow professionally.

IS HIGH BLOOD PRESSURE STALKING YOU?

The scariest thing about many diseases is not knowing when you have them. High blood pressure (hypertension) is just one of these ailments.

Did you know that high blood pressure usually has no symptoms? In fact, many people have this disease for years without knowing it. That's why it is often referred to as the "silent killer." The only way to find out if you have this disease is to have your blood pressure checked.

High blood pressure directly increases the risk of coronary heart disease (which leads to heart attack) and stroke, especially when it's present with other risk factors.

High blood pressure can occur in children or adults, but it's more common among people over age 35. Although the exact cause of high blood pressure is unknown, there are several factors and conditions that may increase risk:

- Being overweight or obese
- Smoking
- Little or no exercise
- Too much salt in the diet
- Drinking too much alcohol
- Stress
- Ethnic background

It may run in families and also people with diabetes, gout or kidney disease are likely candidates.

According to the American Heart Association, a normal blood pressure reading is systolic (top number) of less than 120 and diastolic (bottom number) of less than 80. High blood pressure begins with a systolic of 140 or more and a diastolic of 90 or more.

Check your blood pressure at least every two years starting at age 18. If you're over 40, check it often. Many shopping malls, pharmacies and grocery stores have blood pressure machines available for free.

The key to avoiding or managing heart disease is better lifestyle habits.

Start by knowing how many calories you should be eating and drinking to maintain your weight. Don't eat more calories than you know you can burn up every day. Increase the amount and intensity of your physical activity. Aim for at least 30 minutes of moderate physical activity on most days of the week.

For more information on hypertension and prevention of heart disease, please call the Joe R. Utley Heart Resource Center at 864-560-4472.

Calendar of events

SERVICE OF REMEMBRANCE

Monday, May 21
6 p.m.

Spartanburg Regional Hospice Home

The service remembers those who have passed on, while supporting grieving loved ones. Call 560-5641 for more information.

CANCER SURVIVORS DAY

Sunday, June 3
2-5 p.m.

Spartanburg Memorial Auditorium

This free annual event includes food, music and dance. All cancer survivors are invited to attend with their caregiver.

CENTER FOR HEALTH AND HEALING MIND-BODY SKILLS GROUP

Thursdays, June 14–August 9

This eight-week program covers self-care and stress management. Tuition is \$300 and financial assistance is available for those who qualify. Registration closes two weeks prior to the first group. To register, call 560-1981.

FREEDOM FROM SMOKING

Mondays, June 18 - July 30

Cardio-Pulmonary Rehab

299 East Pearl Street

6:30–8 p.m.

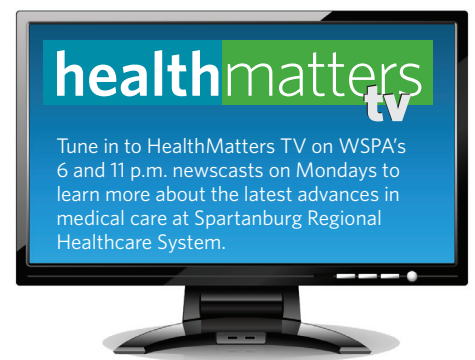
This seven-week smoking cessation program by the American Lung Association meets weekly for support and guidance. Call 864-560-4472 to register. The fee of \$75 covers all materials.

SPARTANBURG REGIONAL headlines

Spartanburg Regional offers rehab services at new YMCA

Spartanburg Regional Rehabilitation Services are now available in Spartanburg's newly opened YMCA. The rehab facility offers outpatient orthopaedic and neurologic rehabilitation. Services will be provided for sports, recreational and daily activities, stroke, spinal cord injury, balance and speech disorders.

The facility offers simulated daily living environments for kitchen, bathroom and living room; aquatic therapy for adult and pediatric orthopedic and neurologic patients; specialized orthopedic equipment; and transitional programs from rehab to the YMCA.



INSCRIBED BRICK PAVERS TO RAISE FUNDS FOR NEW HOSPICE HOME GARDEN

As a respite and welcome diversion, Spartanburg Regional Hospice Home's new Garden of Peace allows residents and their families an accessible, relaxing place to observe the Hospice Home's natural environment, overlooking the Upper Chinquapin trail.

Donors may remember or honor someone special with a donation of \$50, \$200 or \$500 to support the project and place a paver on the walkway, under the arbor or in the picnic area to be permanently engraved with a personalized message.

Visit regionalfoundation.com or call 864-560-6727 to make a donation.



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