

VISITING HOURS:

Skin Cancer Prevention: Good News, Bad News

BY DARLA GULLICKSON, RN
Avera Sacred Heart Cancer Center

Summer is the time for swimming, camping, boating and a bevy of other outdoor activities. Unfortunately, it is also the time of year we expose ourselves to ultraviolet rays the most, which increases our risk for skin cancer. There's good news and bad news when it comes to skin cancer.

The bad news is that skin cancer is the most common form of cancer in the United States with more than one million skin cancers diagnosed annually. It's estimated that one in five Americans will develop skin cancer in the course of a lifetime.

The good news is that skin cancer is one of the most preventable forms of cancer, if appropriate prevention tips are taken and it is detected and treated early.

Two of the three most common types of skin cancer — basal cell and squamous cell — are almost always curable if detected and treated early. The third type of skin cancer — melanoma — is the most aggressive of the three types; however, the survival rate for patients whose melanoma is detected



Gullickson

American Cancer Society, risk factors for non-melanoma and melanoma skin cancers include:

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

Skin cancer can be found early, and both doctors and patients play important roles in finding skin cancer. If you have any of the following symptoms, tell your doctor.

- Any change on the skin, especially in the size or color of a mole or other darkly pigmented growth or spot, or a

new growth

- Scaliness, oozing, bleeding or change in the appearance of a bump or nodule

• The spread of pigmentation beyond its border such as dark coloring that spreads past the edge of a mole or mark

- A change in sensation, itchiness, tenderness or pain

With a little foresight and careful planning, not to mention a watchful eye, most people can take just a few simple precautions to protect themselves from UV rays and the development of skin cancer. Summer is a great time of the year and no one wants to be inside every moment the sun is out.

Fortunately, we don't have to be inside all the time to avoid UV rays. Using a little common sense and the following guidelines from the American Cancer Society, summer can still be an enjoyable, outdoor time of year. "Slip, Slop, Slap and Wrap" is a catch phrase for kids that works well for adults too. It reminds people to use four key methods to protect themselves. Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses. Other prevention guidelines include:

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

• Seek shade: Look for shade, especially in the middle of the day when the sun's rays are strongest. Practice the shadow rule and teach it to children. If your shadow is shorter than you, the sun's rays are at their strongest.

• Slip on a shirt: Cover up with protective clothing to guard as much skin as possible when you are out in the sun. Choose comfortable clothes made of tightly woven fabrics that you cannot see through when held up to a light.

• Slop on sunscreen: Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher. Apply a generous amount of sunscreen (about a palmful) and reapply after swimming, towel-drying, or perspiring. Use sunscreen even on hazy or overcast days.

• Slap on a hat: Cover your head with a wide-brimmed hat, shading your face, ears and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.

• Wrap on sunglasses: Wear sunglasses with 99-100 percent UV absorption to provide optimal protection for the eyes and the surrounding skin.

your skin even on cloudy or overcast days. UV rays travel through clouds.

- Avoid other sources of UV light. Tanning beds and sun lamps are dangerous because they can damage your skin.

The simple fact of the matter is that we don't have to give up much of our summertime fun to protect ourselves from a very easy to get, yet highly treatable, cancer. Even though the success rate of curing skin cancer is one of the highest of all forms, it is still cancer that can lead to other problems, especially melanoma. So protect yourself, protect your children and have a wonderful summer. Just let common sense prevail.

A Cancer Survivor's Day will be held from 5-7 p.m. Friday, June 4 at the Benedictine Center

Sources:

American Cancer Society at www.cancer.org
Skin Cancer Foundation: www.skin-cancer.org

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

THUNE

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of time we have to really have an impact. What we all should want to do is take those abilities we've been given, and put them to their highest and best use, and try to have a positive impact on the world around you, and for future generations."

The W.O. Farber Center for Civic Leadership at The University of South Dakota is host to the weeklong 2010 American Legion Auxiliary Girls State program, which concludes June 5.

The South Dakota American Legion Auxiliary selected 455 girls from across the state to participate in the program based on scholastic achievement, leadership skills and interest in government. The annual event, now in its 64th year, is designed to teach female high school juniors about civic participation.

Thune believes all good leaders share a commitment to excellence.

"Excellence is focused on the process; it's making the most out of what you've been given," he said. "All of who are here today have certain, God-given abilities, and the question isn't whether or not you have them; the question is what are you going to do with them?"

"Excellence to me," he added, "means not settling for mediocrity. People who are committed to excellence are optimistic about life. They're looking for ways to make the world around them better, and so excellence is really a mindset. It's something that I think all of us can adopt."

Leaders also commit themselves to a life of character, Thune said.

"Character has to do with the qualities that define you as a person, and it's how you'll be remembered when you are gone," he said. "Are you committed to doing what's right no matter what the consequences? Those are the qualities that will define your character."

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"Sometimes people define success by how much money you make, what kind of material things you have, and how much power and fame you acquire ... It's about not what you get out of life, but what you give back."

JOHN THUNE

doing the popular thing," Thune told the delegates. "Doing the right thing is not always the popular thing. If you're a person of character, it means owning up to and taking responsibilities for your actions. I encourage you today to develop those traits that will define you as a person."

Strong leaders, he said, are also committed to a life of service. "Sometimes people define success by how much money you make, what kind of material things you have, and how much power and fame you acquire," Thune said. "The longer I live, the more convinced I am that that's not what success is about at all. It's about not what you get out of life, but what you give back."

Thune told the Girls State participants that their involvement in the state's and nation's political process shouldn't be limited to simply casting votes on election day after they turn 18.

"Be involved on a greater level. Be involved by supporting people you believe in; don't be afraid to stand up to the things that you believe in," he said.

This is the ninth consecutive year that USD and the W.O. Farber Center for Civic Leadership have co-hosted the American Legion Auxiliary's Girls State program.

BIRTHDAYS

DARRELL EKEREN

Darrell Ekeren of Mission Hill will be celebrating his 75th birthday on June 7, 2010. A card shower is requested.

Greetings may be sent to: P.O. Box 66, Mission Hill, 57046.

9 Tips For Mixing Work And Marriage

BY VAL FARMER

In today's time pressured world of two income families, how do families and couples manage to find time and energy for their relationships? How do you shift gears from an aggressive, high powered work environment to the nurturing world of relationships and home?

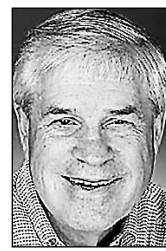
This goes to the heart of our modern day dilemma — having quality relationships and family life while meeting the ever increasingly complex demands of the workplace. Here are nine tips to help you keep the fire of your personal relationship burning as brightly as the work you do.

1. Make your greetings special. Say with your body language, facial expressions — with the gleam in your eyes and by your warm embrace — that you are glad to be back in your loved ones presence. Listen with your eyes.

Take a few minutes to fill each other in on your day. Show interest and concern for one another. Coordinate your plans. Make your greetings special and you will establish a warm emotional tone for the rest of the evening. Take a few extra moments to unwind, set your attitude and be at your best when you hit the door.

2. Use the language of intimacy instead of the language of power. Shift your style of expression from the direct, competitive, action language of the workplace to the more indirect, conciliatory and tentative language of relationships. Your partner needs courtesy, appreciation, patience and acceptance. Take time to listen and to attend to each other's emotional concerns.

3. Show your love. Make a conscious effort to enter the nurturing role. Meet needs. Be kind, considerate and easygoing. Show by your actions and your



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partner when he or she is facing a crunch time at work.

Express your love and appreciation. Give affection through touches and hugs. Keep your sexual love vital and rewarding.

4. Share responsibility respectfully and fairly in the home. Help your partner to make your home and family run smoothly. Men especially need to be aware of doing their part with child care and housework. Roles and responsibilities need to be negotiated and divided so one partner isn't bearing an unfair burden.

These changes fly in the face of traditional gender roles and are not easy to make. Once new habits are formed, they will become increasingly easy and natural.

5. Simplify your life and lifestyle so that you aren't trying to do too much. Be clear about your values and what is reasonable in view of the many demands each of you face.

This world will have you do more and more. It is a world without limits, except our own. Much of the stress we bring into our lives is self-induced. Nobody can have it all, men or women. Temper your ambitions to allow for the other part of life that brings much joy and meaning — the bonds of love, family and companionship.

6. When you are home, really be at home. Concentrate on the person or activity you are

engaged in. Shift attention to the new situation wholly and completely. Don't try to do too many things at once. If you are preoccupied with something, schedule a time and address it rather than have it creep into your other activities.

Try not to bring work home. Manage your work life so that you address as many things as you can there instead of at home. If you do bring work home, coordinate with your spouse on what you need and when you plan to work on it. Outside of that time, really "be there" for your relationship. Discourage work related phone calls coming into your home.

7. Learn to enjoy leisure. Do exciting and new things together. If you can afford it, take breaks — three and four day weekends, mini-vacations, real vacations. Schedule and protect your vacation time from work demands. Learn to play and invite the child in your partner to come to play. Make memories. Have fun.

8. Keep communications alive. Give your relationship a chance. Structure time together so that meaningful communication can take place. Schedule walks together, breakfasts, lunches and a regular evening out. Plan a regular getaway weekend every three months. Update understanding of each other. Learn something new about each other. Be curi-

ous about your partner's emotions, thoughts and dilemmas. Plan for at least 20 minutes of meaningful talk each evening.

Track the changes they are going through and the challenges they are dealing with. Share feelings, hopes, dreams and struggles. Know when things are really right or wrong in your partner's life.

9. Find a work environment and a career niche that support family values. Influence business attitudes and policies to be pro-family.

For more information on marriage, visit Val Farmer's Web site at www.valfarmer.com.

Val Farmer's book, "To Have and To Hold," makes a perfect gift for newlyweds. It is currently on sale for \$10 and can be ordered by sending a check or money order for \$10 plus \$3.95 for shipping and handling for the first book and \$2.00 for each additional book to JV Publishing, LLC, P.O. Box 886, ND 58012.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his Web site.

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- Stop the water flow if possible
- Remove as much excess water as possible
- Towel wood furniture, counter tops, etc.
- Relocate all knock-knocks, lamps, etc. to a dry safe place
- Use wax paper or wood blocks under furniture that cannot be relocated to a dry area
- Pin up draperies and upholstery skirts to prevent water circles
- Turn on your heating and/or air conditioning system, provided water has not entered the ducts
- Remove all non-color fast items like rugs, pillows, etc. and place in a dry area
- Remove all loose items on the floor to a dry area
DON'T
- Go near contaminated (sewer) water
- Use electrical appliances and outlets in wet areas
- Use your household vacuum to extract water
- Place wet items on any absorbent surface
- Turn on your heating and/or air conditioning system if water has traveled in or through the ducts
- Enter rooms if the ceiling is wet and sagging
- Leave absorbent materials like boxes, papers, pillows, etc. in the wet area
- Let children or the elderly enter the affected areas
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