



Positive Pulse Wellness Newsletter

June 1st, 2016

"Promote and protect the wellness of our community through education, programs, and services".

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Skin Cancer

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer - basal cell and squamous cell carcinomas—are highly curable, but can be disfiguring and costly. Melanoma, the third most common skin cancer, is more dangerous and causes more deaths. The majority of these three types of skin cancer are caused by exposure to the ultraviolet (UV) light.

UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

In addition to sunburn, too

much exposure to UV rays can change skin texture, cause the skin to age prematurely, and can lead to skin cancer. UV rays have also been linked to eye conditions such as cataracts.

The National Weather Service and the Environmental Protection Agency developed the UV Index to forecast the risk of overexposure to UV rays. This let one know how much caution to use when working, playing, or exercising outdoors.



Special points of interest:

* June 2016 Monthly Challenge Options: Upload at least one new healthy recipe to the WCDHD Posse Facebook page weekly, for the entire month of June 2016; Modify snacks to be only fruits and vegetables at least 3 X a week, for the month of June 2016.

UV Index

11+	Extreme
8,9,10	Very High
6,7	High
3,4,5	Moderate
1,2	Low

Sun protection is generally not needed unless outside for extended periods

5 ways to protect yourself

- Slip** on sun-protective clothing
- Slop** on SPF30+ sunscreen. Reapply every 2 hours
- Slap** on a broad brimmed hat
- Seek** shade
- Slide** on wrap-around sunglasses

June: Migraine and Headache Awareness Month

Headache is pain in any region of the head. Headaches may occur on one or both sides of the head, be isolated to a certain location, radiate across the head from one point, or have a viselike quality.

A headache may appear as a sharp pain, a throbbing sensation or a dull ache. Headaches can develop gradually or suddenly, and may last from less than an hour to several days.

Headaches are generally classed by cause:

A headache can be a symptom of a serious condition, such as a stroke, meningitis or encephalitis.

Go to a hospital emergency room or call 911 or your local emergency number if you're experiencing the worst headache of your life, a sudden, severe headache or a headache accompanied by:

- Confusion or trouble understanding speech
- Fainting
- High fever, greater than 102 F

- Numbness, weakness, or paralysis on one side of your body
- Stiff neck
- Trouble seeing
- Trouble speaking
- Trouble walking
- Nausea or vomiting

See a doctor if a headache occurs more often than usual, are more severe than usual, and worsen or don't improve with use of over the counter medications.

Fit For Summer

Exercising doesn't have to be boring or routine. In fact, there are plenty ways to make exercise fun!

#1 Rollerblading: This is a fun activity that takes a person's mind off of the act of exercising, and one just has fun!

#2 Go For A Nice Walk: Sometimes a nice stroll around the block can do wonders for a person's body and mind.



#3 Go For A Swim: This is an awesome way to stay fit and healthy. It can also be a wonderful way to cool off on a hot summer day.

#4 Take A Fun Class Or Have A Hobby: Boxing, yoga, zumba, spin, and boot camp classes are just a few fun classes/hobbies to try. It is also a great way to meet new people.

Brandi's "Clean Eating Recipe" of the Month

Fresh Fruit Yogurt Pops

Ingredients:

2 cups low-fat vanilla yogurt

1 teaspoon vanilla extract

1 tablespoon fresh lemon juice

1/4 cup corn syrup

2 cups fresh summer fruit, such as raspberries, pitted cherries, etc.

Directions:

1. Place yogurt, vanilla, lemon juice, corn syrup and 1 cup fruit in blender or food processor, and puree until smooth. Add remaining fruit and pulse 3-4 times, or until fruit is broken down into small pieces.
2. Pour mixture into 8 1/2 cup frozen-pop molds. Place top on mold;

Insert wooden sticks. Freeze at least 4 hours.



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