Don’t Get Burned! Summer Sun Safety Tips

Summer is almost here! Who doesn’t want to be outside sunbathing, swimming, barbequing in the backyard or just enjoying the nice weather. When you’re having fun outdoors, it’s easy to forget how important it is to protect yourself from the sun. Unprotected skin can be damaged by the sun’s ultraviolet (UV) rays in as little as 15 minutes. It can take up to 12 hours for the skin to show the full effect of sun exposure. The hours between 10 a.m. and 4 p.m. are the most hazardous for UV exposure.

Even if it’s cool and cloudy, you still need protection—UV rays, not temperature, do the damage. People with certain risk factors are more likely than others to develop skin cancer. These include family history, large number or unusual moles, fair skin, and exposure to sun or artificial ultraviolet light such as that found in tanning salons.

According to Centers for Disease Control and Prevention, about 65%-90% of melanomas are caused by exposure to ultraviolet (UV) light. These UV rays can reach you on cloudy days and can reflect off of surfaces like water, cement, sand and snow. It is important to remember that tanned skin is damaged skin. Any change in the color of your skin after being outside whether sunburn or suntan, indicates damage from UV rays.

Avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer including melanoma by practicing proper sun protection.

Prevention tips:

• Seek shade, especially during midday hours.
• Cover up with clothing to protect exposed skin.
• Wear sunglasses
• Put on a sunscreen with broad-spectrum (UVA and UVB) protection and sun protection factor (SPF) 15 or higher.
• Avoid tanning beds and sunlamps
May is Skin Cancer Awareness Month.

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 the most deaths. The majority of these three types of skin cancer are caused by exposure to ultraviolet light.

People with certain risk factors are more likely than others to develop skin cancer. Risk factors vary for different types of skin cancer, but some general risk factors are having:

- A lighter natural skin color
- Family history of skin cancer
- Personal history of skin cancer
- Exposure to sun through work and play
- Skin that burns, freckles, or reddens easily
- A history of sunburns
- History of indoor tanning
- Certain types and a large number of moles

A change in your skin is the most common sign of skin cancer. The could be a new growth, a sore that doesn’t heal, or a change in a mole. Not all cancers look the same. A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of Melanoma—

"A" stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?

"B" stands for border. Is the border irregular or jagged?

"C" is for color. Is the color uneven?

"D" is for diameter. Is the mole or spot larger than the size of a pea?

"E" is for evolving. Has the mole or spot changed during the past few weeks or months?

Talk to your doctor if you notice changes in your skin.

Facts about Skin Cancer

- Skin cancer is the most common cancer in the United States
- Current Estimates are that one in five Americans will develop skin cancer in their lifetime
- It is estimated that nearly 9,500 people in the U.S. are diagnosed with skin cancer everyday.
- Melanoma rates in the U.S. doubled from 1982 to 2011.
- Researchers estimate that indoor tanning may cause upwards of 400,000 cases of skin cancer in the U.S. each year.
- Exposure to tanning beds increased the risk of melanoma especially in women 45 and younger.
“Clean Eating” Recipe (www.nhlbi.nih.gov)

30 Minute Pesto Chicken Kabobs

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5 Ingredients only, Pesto Chicken Kabobs can be easily made in 30 minutes in your oven or grill for a delicious and healthy dinner.

Author: Katalina Kastravet
Recipe type: Chicken
Cuisine: American
Serves: 8 serv

**Ingredients**

- 1 ½ cup pesto, homemade or store-bought
- 4 boneless, skinless chicken breasts, cut into 1 ½ inch cubes
- 2 pints cherry tomatoes
- 1 tablespoon garlic powder
- Kosher salt and ground black pepper, to taste
- **Optional:**
  - 1 tablespoon fresh parsley leaves, chopped
  - Large mozzarella pearls

**Instructions**

1. Season chicken with salt, pepper and 1 tablespoon of garlic powder. Add chicken and 1 ½ cup of pesto to a large Ziplock bag (or bowl) and marinate for at least 30 minutes or for best results marinate overnight. If marinating overnight, turn the bag occasionally so all the chicken is covered in pesto sauce evenly.
2. Preheat oven to 425°F.
3. Thread chicken and cherry tomatoes onto skewers, season with salt and pepper to taste and place on a baking sheet pan drizzled with olive oil or covered with parchment paper.
4. Turn kabobs once mid cooking. Cook for about 25-30 minutes, until the chicken is golden brown and it reaches an internal temperature of 165 degrees F.
5. Remove from oven and if desired garnish with fresh parsley and add large pearl buffalo mozzarella to the skewers.
6. Drizzle with the remaining ¼ cup of pesto sauce and serve.
7. Enjoy!