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WHAT IS MELANOMA?

Melanoma is a form of cancer that begins in melanocytes, specialized cells in the skin that produce the brown pigment known as melanin. These are the cells that darken when exposed to the sun, a protective response to protect the deeper layers of the skin from the harmful effects of the sun.

Melanoma is highly curable if caught early, but is much more likely than other forms of skin cancer to spread if left untreated.

For more information please visit www.cancercenter.com



MEMORIAL DAY COOKOUT

WHAT TO BRING? HOW ABOUT LEMON PASTA SALAD

Pasta Salad Ingredients Source: toriavey.com

- 4 cups dry bowtie pasta
- 1/4 cup pine nuts
- 1 pint cherry tomatoes or heirloom cherry tomatoes
- 1/2 tsp olive oil
- 1/4 tsp salt
- Pinch of black pepper
- 1 cup chickpeas, cooked or canned and drained
- 3/4 cup crumbled feta cheese
- 1/3 cup sliced ripe green olives
- 1/4 cup basil, chopped or chiffonade cut

Dressing Ingredients

- 4 tbsp extra virgin olive oil
- 3 1/2 tbsp freshly squeezed lemon juice
- 2 tsp honey
- 1 tsp lemon zest
- 3/4 tsp crushed red pepper flakes (if spice sensitive, use 1/4 tsp)
- Heaping 1/4 tsp salt

Total Time: 25 Minutes
Servings: 8 side servings



ALWAYS USE SUNSCREEN!

Tips To Wear It Well

1. Get UVA and UVB protection
2. Choose SPF 30 or higher
 - Keep in mind that higher isn't that much better when it comes to SPF numbers. Here's why, SPF protection doesn't increase proportionately with the designated SPF number. So while SPF 30 absorbs 97% of sun's burning, SPF 50 absorbs just slightly more - 98%
3. Apply sunscreen early - and liberally
 - For sunscreen to do its job effectively, you should apply 1 ounce of sunscreen - the size of a golf ball to every part of your body exposed to sun
4. Reapply sunscreen every two hours
 - In some cases, you should reapply sunscreen every 60 to 90 minutes.



You can also protect your skin by seeking shade from 10am to 4pm. That's when the sun's harmful UV rays are strongest.

Source: mdanderson.org

Clean Air Month - Toxic air pollution is linked to serious conditions such as cancer and chronic bronchitis. Air pollution can exacerbate pre-existing conditions such as asthma.

For more information please visit www.whathealth.com



Asthma affects more than 24.5 million Americans. More than 6 million children under the age of 18 suffer from asthma. More than 50 million Americans have all types of allergies - pollen, skin, latex and more.

Source: aafa.org



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