

# Windward

# HEALTH



Summer 2013

## Award-winning hospital care



**CASTLE MEDICAL CENTER** has received the Healthgrades 2013 Outstanding Patient Experience Award for providing a positive hospital stay experience.

The award is based on surveys completed by patients after they are discharged from the hospital. These surveys are collected by the Centers for Medicare & Medicaid Services and measure patients' satisfaction with the quality of care they received.

To be eligible, a hospital must have an overall score in the top 15 percent of the nearly 4,500 hospitals in the U.S. that were evaluated.

"As hospitals continue to struggle with the delivery of high-quality, safe care in the face of mounting financial and regulatory pressures, the hospitals who have achieved Healthgrades 2013 Outstanding Patient Experience Award stand above the rest in terms of providing the most positive experience for patients during their hospital stay," says Evan Marks, executive vice president for Healthgrades Informatics and Strategy. "This exceptional performance reflects a commitment to superior quality of clinical care."

Healthgrades is a leading online resource that helps consumers search, evaluate, compare and connect with physicians and hospitals. Consumers use the proprietary information to make more informed health care decisions.

## INSIDE THIS ISSUE

**Pages 4 and 5:** You're invited to our 50th Anniversary Celebration on July 14!  
**Page 6:** With the help of Castle's Wellness Center, Steve Clark (pictured above) has learned to take the right steps to manage his diabetes.



*Castle Medical Center*

**Adventist Health**

*Exceptional Medicine  
by Exceptional People*



## New main lobby unveiled and blessed

**CASTLE MEDICAL CENTER'S** new main lobby was unveiled at the end of April. Nearly 200 associates, volunteers and physicians attended the event, which included a blessing officiated by Kahu Kelekona Bishaw.

### EXCELLENT CARE

## TJC laboratory accreditation survey



**CONGRATULATIONS TO** the Castle Medical Center lab for successfully completing a three-day accreditation survey. The process was rigorous, but a surveyor complimented the lab on doing "extremely well."

## Martin to lead Rising Phoenix Jaycees

**NATHAN MARTIN**, of Castle Medical Center Financial Services, recently became president of the Rising Phoenix Jaycees (RPJ). The installation took place at the organization's annual awards and installation brunch.

Martin first joined the RPJ in 2006 as a volunteer for the chapter's annual Thanksgiving and Christmas Meals on Wheels project. In 2012, while completing his master's program with Loma Linda University, he was appointed as vice president and treasurer by the board.

The mission of the RPJ is to promote leadership through programs that develop individuals and respond to the needs of the community.

## Welcome Tony Shadix, CHFM



**TONY SHADIX, CHFM**, recently joined Castle Medical Center as director of Facilities and Environmental Services.

Prior to coming to Castle, Shadix was the administrative director of support services for a 450-bed academic teaching hospital in East Lansing, Mich. He works on an intermittent basis as a surveyor for The Joint Commission.

Shadix's credentials include being a certified health care facility manager (CHFM). This distinguishes him as being elite in a critical field of health care management.

The CHFM certification examination assesses knowledge required of a health care facility manager in the areas of compliance, planning, design and construction, maintenance and operations, safety, finance, and administration.



**Rising Phoenix Jaycees immediate past president Eldin Berzabal presented new president Nathan Martin (left) with the club's Veteran Member of the Year Award.**

# The focus is **your comfort**

WHEN YOU HAVE a serious illness, care that makes you feel as comfortable and as free from symptoms as possible may be just as important as treating the disease itself. That's the goal of something called *palliative care*. It can help you feel better and improve the quality of your life even while you continue to be treated for your illness.



**Emese Somogyi, MD,** medical director of Palliative Care Services

### Different from hospice

Palliative care is appropriate for a variety of diseases and conditions, including cancer, heart disease, kidney failure, respiratory disease and Alzheimer's disease. With its focus on relief of symptoms, palliative care is different from curative care, which is treatment to help survive a disease.

It is also different from hospice care, which helps terminally ill people during the last months of their lives.

You can receive palliative care at any time during your illness—no matter what your life expectancy is.

“The most advanced technology and treatments do not always bring the best outcomes for patients,” says Emese Somogyi, MD, medical director for Castle's Palliative Care Services (PCS). “When a cure is not possible, we have to be able to offer appropriate care. Quality of life is what's most important, and that often means a high human touch, low-tech approach.”

### It takes a team

Palliative care is provided by a team of experts, and depending on your needs, the team may include doctors, nurses, dietitians, social workers, chaplains and counselors. These experts work to help control your symptoms—such as pain, breathlessness, fatigue or loss of appetite—and ensure your comfort through the use of medications and other therapies.

### Ask your doctor

The team works with the doctor who treats your illness, not in place of him or her. In fact, the discussion about whether palliative care may be right for you should start with your doctor. You can talk to your doctor about the program and ask for a referral.

PCS is available Monday through Friday, 8 a.m. to 8 p.m., for new patient consultations. Referrals to the program are initiated by a patient's primary physician, following which the PCS team performs a comprehensive assessment of

patient and family needs. The team collaborates closely with the attending physician to make recommendations for care, coordinates and facilitates family conferences as needed, and plans weekly conferences with Castle's clinical staff.

### Focused on comfort

The comfort care rooms at Castle play an important role in caring for palliative care patients and families. The medical center's Kiheipua Project was initiated to provide handmade blankets and quilts, donated by Castle associates and community friends, to brighten the rooms of palliative care and terminally ill patients. These blankets are used to help create memories, promote comfort and warmth, and offer a special sense of care. The PCS team works with family members to select a blanket that is representative of the patient, and families may keep the blankets after their loved one has passed away.

Sources: National Hospice and Palliative Care Organization; National Institute of Nursing Research



**FIND OUT MORE ABOUT OUR CARE**  
Castle offers a variety of palliative care services. Many insurance plans, including Medicare and Medicaid, help pay for these services. Check with your provider. For more information or if you would like to donate blankets, call Sheri Richards, RN, palliative care coordinator, at **263-5297**.





# Help us celebrate our 50<sup>th</sup> anniversary

## OPEN HOUSE JULY 14

### E komo mai! SEE AMAZING DISPLAYS AND TOURS

#### New outpatient center

Visit our new outpatient center adjoining the new lobby. People who need outpatient procedures and services—including same-day surgery, imaging, ultrasound and lab tests—are now welcomed and registered in this beautiful new space, then directed to the appropriate department.

#### Main lobby and Gift Gallery

The main lobby has undergone a total makeover, with new furniture and commissioned artwork by local artists that produce a beautiful and exciting Windward feel.

Our Gift Gallery is now the largest hospital gift shop on the island, and features unique made-in-Hawai'i products and gifts, lei and floral arrangements, and sundries.

#### New cardiovascular operating suite

Our new cardiovascular operating suite has additional monitoring capabilities and specialized equipment to help surgeons treat seriously ill patients.

#### Vera Zilber Birth Center

Castle's family-oriented birth center is the only maternity unit on 'Oahu designed exclusively with rooms where labor, delivery, recovery and postpartum care all take place in one's own comfortable suite, called an LDRP room. In the spring, two additional LDRP rooms were added because of increased demand, bringing the total capacity to 11 such suites.

#### Windward Surgery Center

The \$5.3 million Windward Surgery Center is housed on two floors in the Harry & Jeanette Weinberg Medical Plaza & Wellness Center. The 9,000-square-foot center has two operating rooms, two endoscopy rooms, and waiting and recovery rooms. The center's staff of 30 people offers same-day surgery, colon screenings and other procedures in general surgery, orthopedics, gynecology, urology and podiatry. It is a partnership between Castle Medical Center and a group of Windward 'Oahu surgeons. Tour the center and enter the drawing for prizes!

• SAVE THE DATE •

**Join Us!**

• FREE & OPEN TO THE PUBLIC •

Caring for our community

**50**

★ Castle Medical Center ★

1963 2013

Sharing God's Love

• FREE & OPEN TO THE PUBLIC •

**July 14, 2013**

• SAVE THE DATE •



1953 |

1961 |

1961 |

1962 |

ry!

COME AND HELP us celebrate our 50th anniversary and the completion of multimillion dollar renovations to the hospital's first floor! Bring the whole family to the Castle Medical Center grounds on **Sunday, July 14, from 1 to 5 p.m.** Enjoy an afternoon of tours, cooking demonstrations and displays in the Wellness Center, free health screenings, ongoing entertainment, keiki activities, refreshments, balloons, and giveaways.

SOME AREAS IN THE HOSPITAL.

**Wellness & Lifestyle Medicine Center**

Castle's Wellness & Lifestyle Medicine Center's state-of-the-art kitchen, exercise and fitness classroom, and auditorium with space for 100 people provides Windward 'Oahu with access to all of the hospital's health and wellness services.

**The Bistro**

Castle Medical Center's cafeteria is located in the hospital's lower level and offers a healthy menu that distinguishes it from cafeterias in most hospitals.

While some dishes are made with dairy products or eggs, no meat is served in The Bistro, and at least one entrée on the daily menu is strictly vegan—containing no dairy products or eggs.

The Bistro also offers:

- ▶ Farmers market produce daily.
- ▶ Fresh local breads, jams, butters, nuts and honey.

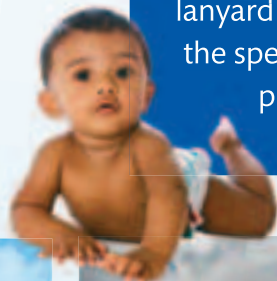
**For the keiki**

It's an afternoon of fun for your keiki, featuring:

- ▶ Balloon animals.
- ▶ Face painting.
- ▶ Rides on a vintage fire engine.
- ▶ Tumble bus.

**Castle babies!**

Check in at the information booth to pick up your VIP badge and lanyard that give you access to the special activities we have planned just for you!



ONSTAGE ENTERTAINMENT



**Hōkū Zuttermeister & Ka Hula O Kealamailani**

1:30 to 2:15 p.m.

Born and raised in Kaneohe, **Hōkū Zuttermeister** started singing at the age of 2. He has recorded with artists such as Sean Na'auao, Ku'uiipo Kumukahi, Kawaikapuokalani Hewett, Raiatea

Helm, Bryan Tolentino and Mahela. He has also toured with Ho'okena, Jerry Santos and many others. Zuttermeister released his first album, *Aina Kūpuna*, in March 2007. In June 2008 the album received 10 Nā Hōkū Hanohano Awards from the Hawai'i Academy of Recording Arts, including Male Vocalist of the Year.

Joining Zuttermeister onstage is Ka Hula O Kealamailani under the direction of Kumu Hula Tehani Gonzado Pimental.



**Kaukahi**

2:30 to 3:15 p.m.

Kaukahi, formed in 2004, is a group of four diverse Hawaiian men and accomplished musicians connected by their love of music, a deep

faith and the wish to share aloha wherever they can.

**Walt Keale** (ukulele/vocals) continues the inimitable musical style and tradition that made his uncle Moe and Bruddah Iz household names in Hawai'i.

**Kawika Kahiapo** (guitar/vocals) has been a musician with the likes of Chucky Boy Chock, Palani Vaughn, Del Beazley and Na Leo Pilimehana since 1978.

**Barrett Awai's** vocal talent and skill on the upright bass brings depth and strength to the group.

**Dean Wilhelm** (guitar/vocals) has been playing music from a very young age and brings a solid contribution to the sound that is Kaukahi.



**Vaihi**

3:30 to 4:15 p.m.

Vaihi produces Hawaiian music ranging from traditional Hawaiian to contemporary pop.

**Aaron Ka'onohi** (lead guitar), in addition to his Hawaiian slack-key guitar stylings, is Vaihi's leader and studio producer. His wife, Sylvianne, manages the group.

**Samuela Langi Jr.** (lead ukulele) is a master of the baritone ukulele, and his beautiful high-range falsetto voice is part of the group's signature. He is also known as Bruddah Sam.

**Bruce Naluai** (ukulele) adds his rhythm ukulele, local style and vocal blend to the successful Vaihi mix.

**Bruce Naluai** (ukulele) adds his rhythm ukulele, local style and vocal blend to the successful Vaihi mix.

**Peter Lakatani** (bass), known as Piko, brings to Vaihi his background in musical studies; skill on the five-string electric bass; and a soaring, clear voice.

1963

2013

# Take the RIGHT STEPS to keep your diabetes in check

BY NICOLE A. KERR, MPH, RD  
*Director of Wellness & Lifestyle Medicine*

**HAWAI'I OFTEN GETS** ranked as one of the healthiest states, yet the prevalence of diabetes in the state continues to increase. Especially concerning is that an additional 357,000 individuals in Hawai'i have prediabetes, which means that their blood glucose (sugar) is higher than normal, but not high enough to be classified as diabetes.

Unfortunately, diagnosis often comes 7 to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is crucial to successful treatment and delaying or preventing complications such as heart disease, blindness, stroke, kidney disease, amputation and death.

There is no cure for diabetes, but it can be managed. It is a lifelong task that requires taking medicines as prescribed, measuring blood sugar and adjusting medications, eating a healthy diet and monitoring carbohydrates, getting regular physical activity and adequate sleep, and managing stress and negative emotions.

## A CASE IN POINT: Steve Clark

### Prediabetes

Steve Clark, vice-president and cultural resources manager at Pacific Consulting Resources in Honolulu, was diagnosed with prediabetes in the fall of 2011. Although Clark's doctor informed him prior to his official diagnosis, Clark didn't think it was a big deal.

"My blood sugar was 152 mg/dL at that time," Clark says. "Normal fasting blood sugar is less than 100 mg/dL." But by March of 2012 he became one of the 113,000 people in Hawai'i diagnosed with diabetes.

"I ignored it and didn't seek out any information. I certainly didn't understand the seriousness of diabetes. I was in denial with it," he continues. "When I was officially diagnosed, my blood sugar was more than 300 mg/dL, so I started on medication. I knew I needed to change but still continued living my life as a couch potato and eating lots of sweets."

### Type 2 diabetes

When Clark ran out of his prescription, he decided not to get it refilled because he did not feel any different. Diabetes often goes undiagnosed because many of its symptoms seem so harmless. "It is a weird disease like that—you don't feel any different when your blood sugar rises," Clark says.

Then the symptoms became evident. "I had severe dry mouth, so I would drink lots of water," Clark says. "My urination was so frequent I had to start using pads. At this point I knew I was in trouble."

By the end of August Clark's blood sugar was 376 mg/dL and his hemoglobin A1C was 13.9 percent. This blood test indicates average blood sugar level for the past two to three months. A level of 6.5 percent or higher indicates diabetes—the higher the level, the higher the risk for complications. Other symptoms of diabetes include blurred vision; frequent infections; cuts and bruises that are slow to heal; tingling and numbness in the extremities; and

recurring skin, gum, or bladder infections.

Clark's doctor started him on insulin right away. At this point Clark was desperate and wanted more information. "I wanted to beat it so I would not have it anymore," he says. "I wanted not to be diabetic. I didn't realize then that I would always have the disease—I would never be cured."

### Finding help

In March 2013, Clark was referred to Castle Medical Center's Diabetes Self Management Education Program, which is accredited by the American Association of Diabetes Educators. Castle's program consists of four interactive classes, and Clark says it cleared up many misconceptions he had about what he should eat.

### Road to recovery and a healthy future

Since joining Castle's program, Clark has reduced his A1C to 7 percent as of May, and his goal is 6 percent. He works to control his blood sugar and makes sure it doesn't go too low.

"When I get low I start to feel very weak, and it scares me because it can induce a diabetic coma," he says. "But I learned the 15/15 rule in the classes—take 15 grams of carbohydrates and wait 15 minutes; then test my blood sugar. I always keep glucose tabs with my meter and raisins and trail mix in my briefcase. I test my blood sugars four times per day.

"Portion size and carbohydrate counting was the most important thing I learned at Castle. It makes managing diabetes easier and gave me confidence to live with this disease," Clark says. "I am not afraid anymore because I know how to manage it."



Call 263-5050 to learn more about Diabetes Services at Castle Medical Center.

For exercise, Steve Clark often walks around his Enchanted Lakes community with his dog Sam.

Don't forget about all the fun and health events that are part of our 50th anniversary celebration on July 14. See page 4.



# TAKE TIME FOR YOUR HEALTH

## events calendar

sign up online  
castlemed.org

Take time for yourself this summer with Castle Medical Center's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call **263-5400**, or visit our website at [castlemed.org](http://castlemed.org) and click on "Classes."

Castle Medical Center  
Adventist Health



## EAT WELL FOR LIFE CLASSES

Eileen Towata gives practical food choice tips and simple recipes. Includes samples and written recipes. Does not include hands-on food preparation by participants. Registration is required. \$10 fee is due two days prior to class.

### Celebrating Salads

Thursday, July 25, 6 to 7 p.m.

These colorful salads will satisfy your eyes and your appetite. Get great ideas on adding beans and grains to make salad the star of your meal.

### Chill Out With Cool Foods

Thursday, Aug. 22, 6 to 7 p.m.

Just in time for hot days, learn recipes to keep your kitchen, and you, cool! A refreshing chilled soup will be one of our menu ideas tonight.

### One-Pot Meals

Thursday, Sept. 26, 6 to 7 p.m.

Stovetop and oven ideas for one pot/one pan dishes will help you pull together main dishes with ease. Turn "clean-up time" into "take a walk" time!

## NUTRITION

### Nutrition Counseling

Ongoing, by appointment

Guidance to help you eat well for optimal health. May address obesity, high blood pressure, cholesterol and chronic kidney disease.

## DIABETES

### Diabetes Education

Morning and evening groups available.

A diabetes educator leads a four-session class to help manage diabetes, addressing nutrition, physical activity, monitoring blood glucose, preventing complications, medications and lifestyle changes. Most health insurance covers fee.

## FITNESS

### Fitness Training

Ongoing, by appointment

Our certified fitness trainer will assess your current fitness level and design an individualized program to help you reach your fitness goals.

### Exercise Classes

Registration and fitness assessment are required (may include medical clearance).

- ▶ Bone Builder.
- ▶ Core Strength.
- ▶ Exercise for Life.
- ▶ Interval Training.
- ▶ Longer Life.
- ▶ Lunch Crunch/Roller.
- ▶ Pilates.
- ▶ Qigong.
- ▶ Steady on Your Feet.



## WEIGHT MANAGEMENT

### Individual Weight Management

Includes eight one-on-one nutrition counseling sessions with a dietitian and a certified fitness trainer. Free information session.

### Take Shape for Life

Program uses Medifast products

Call for consultation and taste-testing.

### Weight-Loss Surgery Seminar

Saturday, July 13, 7 to 8:30 p.m.

Wednesdays, Aug. 14 and Sept. 25, 6:30 to 8 p.m.

Wellness Center Auditorium

Learn about Castle's comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the team. Registration is required; call **263-5400**.

## KIDNEY DISEASE EDUCATION

New Class

### Aloha Kidney

Wednesdays, June 26 to July 31 5:30 to 7 p.m.

Hawa'i has one of the highest rates of kidney failure in the nation. This new class is for patients with chronic kidney disease. Call **585-8404** to register.



Ramona Wong, MD, Nephrology

## SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit [castlemed.org](http://castlemed.org) for details.

- ▶ Alzheimer's Caregivers.
- ▶ Bereavement.
- ▶ Caregivers.
- ▶ Parkinson's Disease.

### Look Good...Feel Better

Monday, July 1, 2 to 4 p.m.

Wellness Center Auditorium

Provides beauty techniques, support, courage and community to help cancer patients face the challenge of a lifetime. Free.

## TOBACCO TREATMENT

### One-On-One Coaching

Expert guidance for stopping smoking. Free nicotine patches, gum and lozenges.

### Live Well...Tobacco-Free Group

Tuesdays, 6 to 7 p.m.

Free "talk story" group is open to ex-smokers, those thinking about quitting, and supportive family and friends.

## FAMILY

### Giving Birth: The Castle Experience

Four sessions:

Thursdays, July 4 to 25,

Aug. 1 to 22 or Sept. 5

to 26, 6 to 8 p.m.

'Ohana Room

Taught by a knowledgeable labor and delivery nurse. Suggested for couples in their third trimester that plan to give birth at Castle. Fee: \$45 per individual, \$80 per couple.



### The Bradley Method®

Mondays, Aug. 5 to Oct. 21, 6:30 to 8:30 p.m.

A comprehensive 12-week course of education in pregnancy, labor and natural childbirth. Fee: \$300 for two people.

### Infant Safety

Tuesdays, July 9 or Sept. 10, 5:30 to 8:30 p.m.

Fee: \$25 per couple.

### General Newborn Care

Tuesdays, July 23, Aug. 6 or 27, or Sept. 3 or 17, 5:30 to 8:30 p.m.

Fee: \$30 per couple.

### Breastfeeding

Wednesdays, July 3 or 17, Aug. 7 or 21, or Sept. 4 or 18, 6 to 8:30 p.m.

Taught by a certified lactation consultant. Fee: \$25 (free with a childbirth class).

### Birth Center Tour

Sundays, Mondays or Thursdays, 5 p.m.

Call for a reservation.

### Car Seat Safety Check

First and third Thursdays, 3 to 6 p.m.

To schedule a time, call **263-5270**.

### Healthy Pregnancy Class

Wednesdays, July 24, Aug. 28 or Sept. 25, 6 p.m.

Free class for couples to prepare for a healthy pregnancy. No registration required.

## MASSAGE

### Weekdays

Provided by licensed massage therapists. Call for more information or for an appointment.

## COMMUNITY EVENTS

### Bag Your Medication

Tuesday, July 23, 1:30 to 3:30 p.m.

Wellness Center

Bring all your medications (including over-the-counter medicines, herbal medicines, vitamins, supplements and outdated medicine) to get practical advice from pharmacists about how to better manage your medications. Also, find out about the new health care law, and more! Priority is given to those who register in advance. Call **263-5400** or register online at [aarp.cvent.com/bagmedication](http://aarp.cvent.com/bagmedication).

# How to find us

## CALL US:

808-263-5500

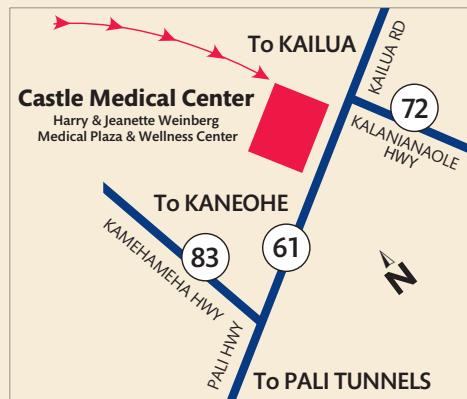
## EMAIL US:

Visit our website at [castlemed.org](http://castlemed.org) and click on "Contact Us." We'd be happy to hear from you!


- ▶ Send us a comment.
- ▶ Request a Castle brochure.
- ▶ Request a physician directory.

## WRITE OR VISIT US:

Castle Medical Center,  
640 Ulukahiki St., Kailua, HI 96734-4498



If you wish to be removed from this mailing list and no longer wish to receive *Windward Health*, please write to the Marketing Department at 640 Ulukahiki St., Kailua, HI 96734, or email us at [callcenter@ah.org](mailto:callcenter@ah.org).

 Visit us at  
[castlemed.org](http://castlemed.org).

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Information in WINDWARD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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**SUMMER  
2013**



## Castle Medical Center



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## Seminars

6 to 7:30 p.m.

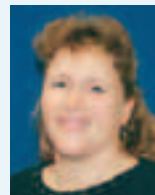
### Castle Wellness & Lifestyle Medicine Center Auditorium

These **free** monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served.

Registration is required.  
Call **263-5400** or visit  
[castlemed.org](http://castlemed.org).

### The Joint Continuum of Care Thursday, July 11

Come hear the latest on your joints—from prevention to replacement. Total knee and total hip replacements as well as MAKOplasty will be discussed. MAKOplasty is a partial knee resurfacing option for mild to moderate osteoarthritis that has not progressed throughout all the compartments of the knee, available in Hawai'i only at CMC.



Linda Rasmussen,  
MD



Suzanne Asaro,  
Director of  
Rehabilitation  
Services

### Diabetes Fact and Fiction

Thursday, Aug. 8

Ever hear "Do not eat sugar" or "You can be cured of your diabetes" or "Don't ever take insulin"? Come find out what's behind these statements and more. Hear a frank discussion with internist Steven Lum, MD, Amanda O'Neill, RDN, and a person with diabetes about the facts and myths of this serious disease.



Steven Lum,  
MD



Amanda O'Neill,  
RDN

### Menopause vs. Manopause

Thursday, Sept. 12

Learn the latest news on midlife health changes for both women and men—and what you can do to avert a midlife crisis.



Kimberly Lund,  
MD



David Samsami,  
MD

# Enjoy the sun, skip the tan

## HELLO THERE, SUNSHINE!

There's no denying: Soaking up the sun and getting a tan can feel really good—especially after a long season of rainy winter weather. But that good feeling and those tanned arms can actually be a bad thing. Consider:

Ultraviolet (UV) radiation from the sun can permanently damage the cells of your skin. This may trigger wrinkles; dark spots; or dry, leathery skin.

Of course, the biggest threat from too much UV exposure is skin cancer. Time spent sunbathing (or in tanning booths) raises the risk of deadly melanoma, as

well as non-melanoma skin cancers.

And while many people believe that skin cancer can take decades to develop, melanoma is the second most common cancer in women 20 to 29 years old.

## Enjoy sun safely

No one says you have to hide from the sun—after all, small bits of sunshine can actually be good for you. Sunlight stimulates the skin to produce vitamin D. Still, you can't use that as an excuse to get a tan. To enjoy the warmth of the sun without exposing yourself to risk:

▶ **Slather up.** Use a sunscreen with a

sun protection factor (SPF) of 30 or higher. Put a thick layer on all parts of your exposed skin before you head outside, even on slightly cloudy or cool days.

▶ **Dress for success.** Wear a hat with a wide brim. And, as much as possible, try to don loose-fitting, long-sleeved shirts and long pants.

Sources: American Academy of Dermatology; Centers for Disease Control and Prevention; U.S. Food and Drug Administration; U.S. Environmental Protection Agency



For a referral to a family practice physician or dermatologist, call **263-5400**.