

Skin Cancer 101

There are three major types of skin cancer. Each are unique in their signs and symptoms. Read on to learn what you should look for and when you should see your primary care physician.

Basal Cell Carcinoma

This type of skin cancer usually occurs in sun-exposed areas of your body, such as on your neck or face. Basal cell carcinoma may appear as:

- A pearly or waxy bump
- A flat, flesh-colored or brown scar-like lesion
- A bleeding or scabbing sore that heals and returns

Squamous Cell Carcinoma

Squamous cell carcinoma will often occur on sun-exposed areas of your body, such as on your face, ears and/or hands. People with darker skin are more likely to develop squamous cell carcinoma on areas that aren't often exposed to the sun.

Squamous cell carcinoma may appear as:

- A firm, red nodule
- A flat lesion with a scaly, crusted surface

Melanoma

Melanoma can develop anywhere on your body, in otherwise normal skin or in an existing mole that becomes cancerous. Melanoma can affect people of any skin tone. Melanoma signs can include:

- A large brownish spot with darker speckles
- A mole that changes in color, size or feel or one that bleeds
- A small lesion with an irregular border and portions that appear red, pink, white, blue or blue-black
- A painful lesion that itches or burns
- Dark lesions on your palms, soles, fingertips or toes, or on mucous membranes lining your mouth, nose, vagina or anus

Reduce Your Risk

- Avoid/limit exposure to ultraviolet (UV) radiation.
- Avoid indoor tanning.
- Stay in the shade when outside.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.

Regular examination of your skin for any new or unusual growths, or changes in the size, shape or color of an existing spot, is key to finding and treating skin cancer early. If you find anything suspicious, discuss it with your primary care physician or a

A simple way to remember the warning signs is by 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?

dermatologist. An annual check-up with your dermatologist is always a good idea. Early detection of skin cancer gives you the greatest chance for successful skin cancer treatment.

"Skin Cancer," Mayo Clinic, [mayoclinic.org](https://www.mayoclinic.org), July 7, 2021.

"What Are the Symptoms of Skin Cancer?" CDC.gov, July 7, 2021.



Bruschetta Turkey Burgers

For the Bruschetta:

- ¼ cup red onion, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- salt and black pepper to taste
- 3 medium vine-ripe tomatoes (Bonus if they're from your garden!)
- 2 small cloves garlic, minced
- 2 tablespoons fresh basil leaves, chopped
- 3 ounces fresh part-skim mozzarella cheese, diced

For the Turkey Burgers:

- 1¼ pounds 93% lean ground turkey (or chicken)
- 1 small zucchini, grated (1 cup or 5 ounces)
- ¼ cup seasoned whole-wheat breadcrumbs, or gluten-free crumbs
- 1 clove garlic, minced
- 1 tablespoon red onion, minced
- salt and black pepper
- olive oil spray or cooking spray

For Serving:

- 2 medium tomatoes, sliced
- 4 cups baby spinach

Instructions

1. Combine the red onion, olive oil, balsamic vinegar, salt and pepper in a large bowl. Then add in the chopped tomatoes.
2. Add the garlic, fresh basil and additional salt and pepper; mixing well and then set the bowl aside.
3. *Toss in the fresh mozzarella when you are ready to serve.
4. Squeeze the excess moisture from the zucchini in a paper towel.
5. In a separate bowl, combine the ground turkey or ground turkey breast, shredded zucchini, breadcrumbs, garlic, onion, salt and pepper.
6. Form the mix into five patties, about 5 ounces each, making them as flat as possible.
7. Heat a large skillet on medium-high heat. (You can also grill or bake your turkey burgers, if desired.) When hot, lightly spray your skillet with olive oil or cooking spray.
8. Add the turkey burgers to the skillet and reduce the heat to medium-low.
9. Cook your burgers until browned on one side, about four minutes; then flip and cook them for another four minutes or until browned on that side. To serve your summer bruschetta turkey burgers, arrange three slices of fresh tomatoes on each plate; place one cup of baby spinach on top of the tomatoes in the center; then top it off with the burger and the bruschetta.

(*Remember to toss in the fresh mozzarella now!)



INTERNATIONAL OVERDOSE AWARENESS DAY

AUGUST 31

In this past year, a record 93,000 people have died of drug overdose according to the Centers for Disease Control and Prevention. In this data, opioids were responsible for more than 75% of these deaths.

Launching in 2001, International Overdose Awareness Day tirelessly strives to end overdose around the world. It quickly became an important avenue for remembering those lost, without the stigma often attached to it, and has become a way to support loved ones affected by overdose.

Sadly, many overdose deaths can be prevented. An overdose means someone has taken too much of a drug or a combination of drugs for their body to handle; this includes prescription medication.

Visit overdoseday.com to view the details of each category of overdose, to get involved and learn more about preventing overdose.

"Drug Overdose: Urgent Need for Overdose Prevention Interventions," cdc.gov, accessed July 7, 2021.

"About the Campaign," overdoseday.com, accessed July 8, 2021.