

# Skin Cancer Prevention and Detection Month

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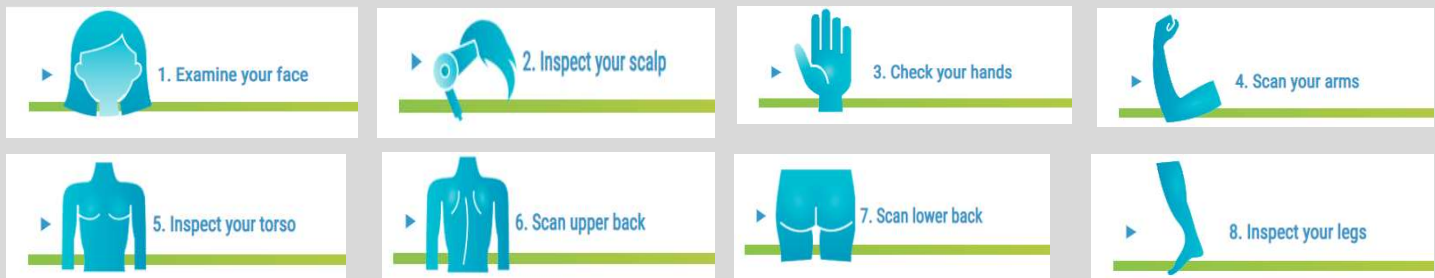
## Skin Cancer & Early Prevention

As we head into the summer months and feeling more comfortable venturing out on our daily activities and spending more time outside with family and friends we want to take the time to get our Skin Cancer screening. May is Skin Cancer Awareness month and it is important for us to recognize that skin cancer is preventable and with early detection treatable.

The Skin Cancer Foundation Center mentions that there are 5 million cases diagnosed each year in the United States alone for Skin Cancer. Did you know that Skin Cancer is the most common form of Cancer in the U.S.? This is why it is so important for us to get evaluated annually.

To start you can complete a self-screening and if you see anything new, changing or unusual you will want to make an appointment. The Skin Cancer Foundation Center has shared where we should focus when it comes to completing a self-examination of our skin.

When completing your self-examination you will want to check the following:



For more detailed information on how to complete a self-examination, please visit <https://thebigsee.org/?eType=EmailBlastContent&eld=629f0efc-254f-4e6a-a209-e987d4039987#selfexam>

**Be sure to schedule an appointment if you notice upon completing your self-screening:**

Any new moles or blemishes that have appeared after the age of 21. Changes in color, shape, size, or texture of spots. If there are spots that are unusual in outline or continuously itch, hurt, crust, or bleed for more than three weeks.

THE SUN'S UV RAYS ARE STRONGEST WHEN...  
...YOUR SHADOW IS SHORTER THAN YOU



A large portion of the skin cancer's diagnosed (85-90%) are associated with ultraviolet radiation from the sun. There are many factors, which can increase our risk of skin cancer and those include Indoor tanning, sunburns, Skin type, Unprotected Exposure to UVA & UVB rays, genetics, atypical moles, organ transplant, and even having red hair.

Did you know that having just 1 indoor tanning session before the age of 35 can increase your risks of skin cancer by 75%? Tanning does not provide you with Vitamin D as your Vitamin D comes from the UVB rays instead of UVA rays. You can meet your Vitamin D daily requirements with foods and supplements. Tanning does not prevent sunburns. It simply exposes you to more UV rays. You can get that radiant skin you are looking for simply by doing aerobics or high-intensity exercises. Plus working out improves your mood.

Facts about Skin Cancer:

- 1 in 5 Americans will develop skin cancer before the age of 70
- Having 5 or more Sunburns doubles your risk for melanoma
- Approximately 7,180 people will die of melanoma in 2021
- The number of cases of skin cancer have increased by 44% from 2011-2021
- If you see something change, new, or unusual get it checked out
- In the past two decades, melanoma incidence has risen by 20% among Hispanics
- Late-stage melanoma diagnoses are more prevalent among Hispanic and Black patients, than non-Hispanic white patients

Be safe and let 2021 be the year you get your screening.

Information found on [www.skincancer.org](http://www.skincancer.org)

**UV Index**

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

**Protect Yourself in 5 Ways**

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

Sun protection is generally not needed unless outside for extended periods

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# QPIC Corner

## Aetna Mail Order Pharmacy

- Did you know you can have your maintenance drugs sent right to your home?
- You can get up to a 90-day supply delivered to your home, work, or other location of your choosing.
- Standard shipping is free.
- This allows you to save time and you can even re-order online, by phone or by mail.
  
- How to get started:
  - Log into your secure Aetna member account
  - Call Aetna at the number on the back of your Gold Card
  - Mail the order form and prescription
    - You will want to have your provider complete a 30-day supply prescription for you to have filled at a local pharmacy while the mail order is being setup.
    - A second Prescription for a 90-day supply with three refills to be submitted to the mail order system.
    - Complete the order form, which can be found at <https://www.aetna.com/individuals-families/pharmacy/rx-home-delivery.html>
    - Your provider can submit the form online to Aetna or Fax the completed form to **877.270.3317**
    - Please include: Member ID, Birthdate & mailing address

**\*\*Only your Provider can fax a prescription\*\***  
**Aetna Rx Customer Service 1.888.792.3862**  
**Open 24 hours a day, 7 days a week**



## Healthy Corner Recipe

### Super Summer Sunblock Smoothie

<https://www.healthline.com/health/food-nutrition/foods-reverse-sun-damage-skin-protection#Super-Summer-Sunblock-Smoothie>

**Healthline**

#### Service Size 1

#### Ingredients:

- 1 ½ cup green tea, cooled
- 1 cup blueberries
- 1 cup watermelon
- ½ cup cauliflower
- 1 small carrot
- 2 tbsp. hemp hearts
- 1 tbsp. lemon juice
- 3-5 ice cubes



#### Directions:

1. Place ingredients in a blender.
2. Blend until smooth.
3. For a thicker smoothie, use 1 cup green tea

Remember that while these nutrient-rich, whole foods may support the health of your skin when exposed to UV light, they are not a substitute for sunscreen. Sunscreen should always be applied to avoid skin damage and skin cancer.

Reviewed by: Natalie Olsen, R.D., L.D., ACSM EP-C – Written by Kristen Ciccolini, Updated on March 20, 2020, from above website.