



August 2017

SWOSU Bulldog Wellness Committee

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SWOSU

BULLDOG WELLNESS

August 2017

How to Spot Skin Cancer - American Cancer Society



Summer sun is here and skin cancer is by far the most common type of cancer. If you know what to look for, you

can spot warning signs of skin cancer early. Finding it early, when it's small and has not spread, makes skin cancer much easier to treat. Look at your skin in a well-lit room in front of a full-length mirror. Use a hand-held mirror to look at areas that are hard to see.

Use the “**ABCDE rule**” to look for some of the common signs of melanoma:

Asymmetry: One part of a mole or birthmark doesn't match the other.

- **Border:** The edges are irregular, ragged, notched, or blurred.
- **Color:** The color is not the same all over and may have shades of brown or black, sometimes with patches of pink, red, white, or blue.
- **Diameter:** The spot is larger than ¼ inch across – about the size of a pencil eraser.
- **Evolving:** The mole is changing in size, shape, or color.

Basal cell carcinomas, or cancers, usually grow on areas that get the most sun, such as the face, head, and neck.

However, they can show up anywhere. Look for:

- Flat, firm, pale or yellow areas, similar to a scar
- Raised reddish patches that might be itchy
- Small, pink or red, translucent, shiny, pearly bumps, which might have blue, brown, or black areas

- Pink growths with raised edges and a lower area in their center, which might contain abnormal blood vessels spreading out like tire spokes
- Open sores (which may have oozing or crusted areas) that don't heal, or that heal and then come back

Squamous cell carcinomas, or cancers, also tend to grow on areas that get sun, such as the face, ear, neck, lip, and hands. However, they can also show up anywhere. Look for:

- Rough or scaly red patches, which might crust or bleed
- Raised growths or lumps, sometimes with a lower area in the center
- Open sores (which may have oozing or crusted areas) that don't heal, or that heal and then come back
- Wart-like growths

Not all skin cancers look like these descriptions, though, so point out anything you're concerned about to your doctor. That would include:

- Any new spots
- Any spot that doesn't look like others on your body
- Any sore that doesn't heal
- Redness or new swelling beyond the border of a mole
- Itching, pain, or tenderness
- Oozing, scaliness, or bleeding

SWOSU Pool Fall Hours (the water is nice and warm!)

Monday & Wednesday-

Friday: 6a.m.- 8a.m. 12

p.m.- 2 p.m. 5 p.m.- 7p.m.

Tuesday 6a.m.- 8 a.m. 12 p.m.-2 p.m. Closed 5 p.m.-7 p.m.



Move of the Month

Partner Yoga Pose: Seated Facing Twist!

Spinal twists can be relaxing when done on your own, but are intense and give an incredibly deep stretch when pulling against a partner.



- Sit with legs crossed (or in Lotus) so you and your partner's knees touch.
- Each of you reach your right arm around your lower back, with the back of your hand touching just above your hip. Reach your left hand out diagonally and grab your partner's right hand. If you can't reach, each hold the end of a towel, bringing your hands close. If holding hands is easy, reach further and hold wrists. Turn hands, so thumbs are pointed down.
- Look over your right shoulders and pull against each other as much as you can to feel the deepest twist. Hold for five or more deep breaths.
- Gently release, bring your torsos back to neutral and reposition to twist to the other side.

Recipe of the Month



Summer Vegetarian Chili

-allrecipes.com

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped red onion
- 5 large cloves garlic, crushed or minced
- 2 tablespoons chili powder, or more to taste
- 2 teaspoons ground cumin
- 2 cups juicy chopped fresh tomatoes
- 1 (15 ounce) can black beans, drained
- 1 cup water (or red wine)
- 1 cup chopped bell pepper (any color)
- 1 cup chopped zucchini
- 1 cup corn kernels
- 1 cup chopped mushrooms
- 1 cup chopped fresh cilantro, packed
- 1/8 teaspoon cayenne pepper, or more to taste
- Salt and freshly ground black pepper, to taste

Directions:

1. Heat oil in medium pot. Add onion, garlic, chili powder and cumin. Sauté over medium heat until onion is soft, about 5 minutes. Add remaining ingredients (except garnishes) and stir. Bring to a

boil, then lower heat and simmer 20 minutes or until vegetables are soft. Add more liquid if needed.

2. Serve alone or over rice (preferably brown). Garnish if desired with any of the following: reduced-fat cheddar cheese, onion, fat-free sour cream, guacamole, fresh cilantro.

Connect Your Fitbit to Blue Cross & Blue Shield (and get free stuff with your points!!)

Connect your wearable activity tracker or favorite mobile fitness app to your Health Tools account and find your health goals in one centralized, secure place. Once set up, your associated data will be automatically updated in the Online Health Coach and your Personal Health Record.

Connecting Your Fitness Tracker Is Easy:

1. Log in to your account
2. On the home page in the Health Tools dropdown menu, click Wellness, then Fitness Tracker
3. View the complete list of 25+ apps and devices and select your tracker
4. Authorize your fitness tracker to send your information to WebMD
5. After a one-time activation, your accounts are linked
6. Your data will be automatically updated to the associated Health Trackers

You can monitor and track progress for different goals through your Personal Health Record trackers:

- % Body Fat
- A1c (self-entered)
- Blood Pressure
- Calories Burned
- Hours of Sleep per Day (self-entered)
- Non-Fasting Blood Sugar
- Steps
- Waist Management (self-entered)
- Weight Loss
- Exercise

In addition, your weight loss and exercise activities can help you earn up to \$120 on your MyBlue Wellness Card as part of your Online Health Coach goals.

SWOSU Fall Fitness Classes Offered ([link](#))

Diabetes Prevention Update

There are only a couple of classes left for the initial group and they have far exceeded the 5% required total for weight loss. The new group has started with five employees. If your numbers are telling you to take some preventative action and you would like to join this program email sarah.yount@swosu.edu