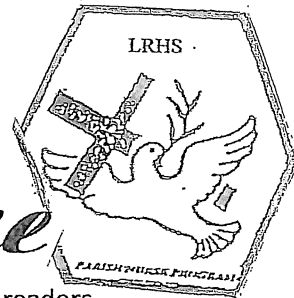




Newsletter From Your Parish Nurse



As I was leafing through my many folders, looking for a subject that could be of interest to my readers, the editors of "Health After 50" thought the subject matter was important enough to devote the whole summer issue to it.

When we think of skin cancer we immediately think of Melanoma and indeed melanoma is responsible for the majority of skin cancer deaths, but only for one per cent of skin cancers diagnosed. In fact basal cell carcinoma (BCC) and squamous cell (SCC) are the most commonly diagnosed forms of skin cancer.

Signs of Skin Cancer

An estimated 2 million or more Americans will be diagnosed with nonmelanoma cancers this year,

Signs of skin cancer

- A rounded Pink, or skin colored growth with visible blood vessels or brown or black spots which
May sink in the center and ooze, become crusty bleed easily
- A shiny pink or red and scaly growth which may look like an eczema
- A waxy, hard, pale, growth which may resemble a scar with no definitive edges
- A none healing sore
- A mole that has changed in appearance
- A flattened, reddish, scaly

More than Skin Deep

Think of skin as man's best friend.

It protects you

Comfort in mind (ensuring warmth in cold Weather

and coolness in hot weather and would do anything to ensure your safety.

Acting as a barrier to dangerous intruders—aka germs. Skin is the largest of all

The organs and the skin works day in and day out to protect us.

Given every thing your skin has to do it probably deserved the accolades.

Hazel Croy Parish Nurse

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The Parish Nurse Program is a joint effort of Lake Regional Health Services and other area churches