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# VITALITY

*VITAL news to keep you healthy!*

## Skin Cancer Awareness - How protected are you?

You don't have to stay inside to protect yourself from skin cancer. How protected are you? Here is some basic information to know:

Malignant melanoma is a serious type of cancer found mostly in the skin but also in other areas of the body. It is one of the less common types of skin cancer but causes the majority of skin cancer-related deaths. Anyone can get melanoma regardless of age, sex or racial origin. Whether you are fair-skinned or dark-skinned, you're still at risk; although for dark-skinned individuals it may happen less frequent.

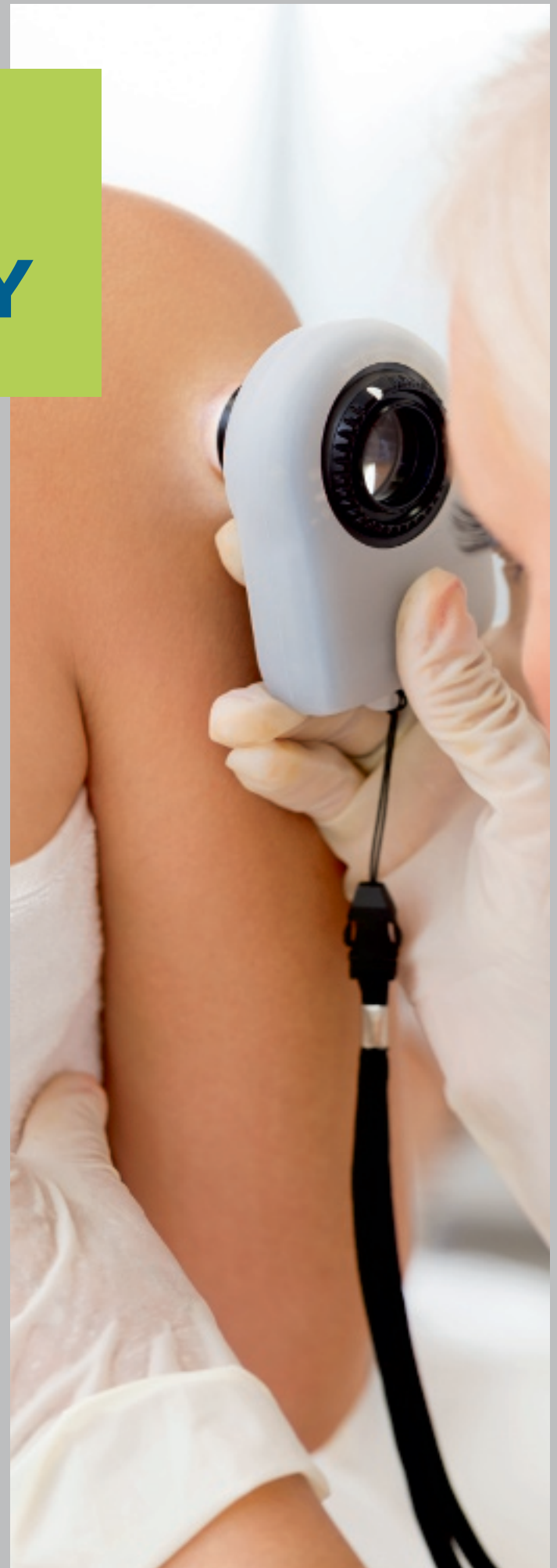
Those with fair skin, red or blonde hair, light eyes, freckles and those who have difficulty tanning are at the highest risk. Some of the factors that also increase risk of melanoma are moles, history of atypical moles, personal or family history, sunburns or history of sunburns and the use of tanning beds.

As we approach the warmer calendar months, here are some ways to protect yourself from skin cancer:

- Avoid mid-day sun between 9 a.m. and 4 p.m.
- Wear protective clothing to cover your skin as much as possible or apply a UVA/UVB sunscreen. Apply immediately after swimming.
- Wear a hat in the sun.
- Avoid tanning beds.

The **A,B,C,D,E's** of melanoma is a great reference guide:

- **Asymmetry** means that one side of the mole is a different shape.
- **Border** is the outline of a mole and should be sharp and regular.
- **Color** of moles should be an even tone throughout the mole.
- **Diameter** refers to the size of the mole measured through the center.
- **Evolving** means that a mole that has looked the same for years is changing in any of the above (ABCD) or a flat mole is now raised and itchy.



**Exhale longer** - Exhaling is linked to your parasympathetic nervous system that impacts our body's ability to calm down. Extend the exhaling time, i.e. four seconds to inhale and six seconds to exhale.

Urgent care provides prompt medical attention and treatment for non life-threatening injuries and illnesses, i.e., minor cuts, burn, sprains, rashes, flu, etc. It is the care or treatment provided to patients in case of acute and/or chronic injuries and illnesses that must be addressed within 24 hours. An urgent care provider needs to possess a comprehensive knowledge base to offer such a broad array of care.

- **Have enough time for your visit** - Urgent Care clinics generally provide care to patients on a first-come, first-served basis. Your urgent care appointment may take around one hour or less, however, at times, you may also need to wait longer depending on the patient ahead of you and the severity of their needs.
- **Stay calm and don't be anxious** - Confirm the urgent care hours before visiting.
- **Make sure you take your insurance card with you** - MedPRO contracted urgent care clinics typically accept most health insurances. In some cases you may have a copay. Copays are generally a little more than the regular provider visit copay; but less than an ER copay.
- **Talk about your medical history** - If you have not been to the urgent care, they won't have any medical history on you. Be prepared to answer basic but necessary questions the doctor will ask to effectively diagnose your condition and provide the appropriate treatment. Don't forget to mention any allergies, medications or supplements you are taking.
- **Keep your primary care physician in the loop** - Even if you know you are not going to see your primary care doctor soon, it is advised to call them and inform them about your urgent care visit. This is helpful as they can note it in your chart, especially if there are new medications you were prescribed.

MedPRO has a large network of primary care, specialists and urgent care providers. MedPRO is also affiliated with Saint Agnes Medical Center, Madera Community Hospital and Valley Children's Hospital.

For more information on MedPRO and its extensive network, please visit them at [www.cvmedpro.com](http://www.cvmedpro.com) or call them at 559.450.6334. The team at MedPRO would like to ensure that your healthcare needs are met and assist you as you navigate your way through the growing and ever-changing healthcare world.