

# H.E.A.R.T. Ministry

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## SUNSCREEN - IT'S NOT JUST FOR THE BEACH



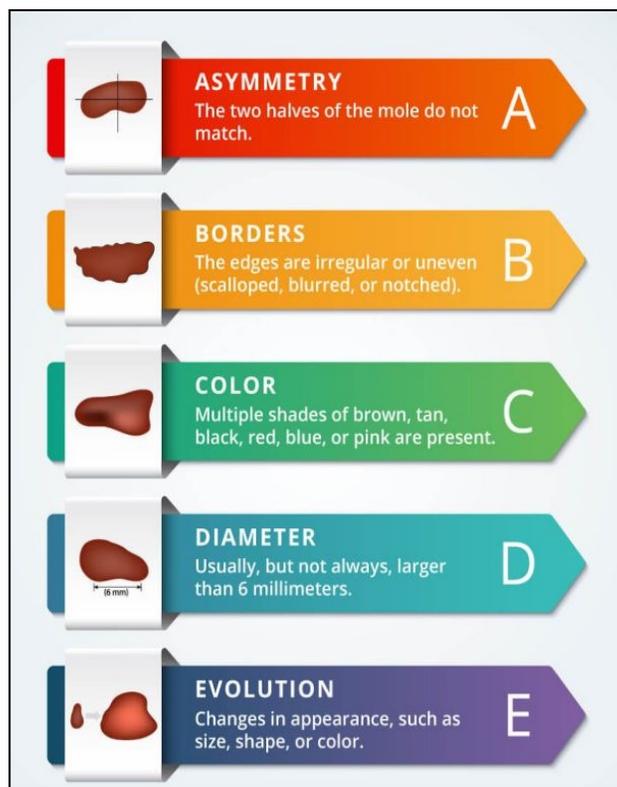
Summer is a season filled with many opportunities to be outside enjoying the outdoors with family and friends. Summer is also a season filled with many health concerns such as Heat Exhaustion, Heat Stroke, Dehydration and Sunburn to name a few. This month we are going to focus on sunburn and Skin Cancer.

Skin cancer doesn't happen over night. It happens over a period of time in the sun without skin protection and repeated sunburns. There are three types of skin cancer—Basal Cell Cancer, Squamous Cell Cancer, and Melanoma, the most dangerous form of skin cancer.

● **BASEL CELL CANCER** usually appears in areas that receive constant sun exposure. Some of the most common areas include but are not limited to the face, nose, ears and neck. It may appear as a pearly or waxy bump, a flat flesh colored or brown scar like lesion or a bleeding or scabbing sore that doesn't go away.

● **SQUAMOUS CELL CANCER** often occurs on sun exposed areas such as face, hands and ears. It may appear as a firm red bump or a flat area with a crusty, scaly surface.

● **MELANOMA** can appear anywhere on the body, on normal skin or in an existing mole. In men it most likely occurs on the face or trunk and in women it most likely appears on the lower leg. Melanoma may appear as a large brownish spot with speckles, a change in color, shape, size and bleeds in an area. A small lesion with irregular borders and it may be pink, red, blue or black in color. It may itch or burn. It could also appear as a dark spot on your palms, soles of your feet, fingertips, toes or on mucous membranes in your mouth nose, vagina or anus.



If you notice any of the above symptoms, see your doctor or dermatologist immediately. Much of the skin damage is due to exposure to ultraviolet (UV) radiation (sunlight) and tanning bed lights. Exposure to toxic substances that weaken your immune system may cause skin cancers in areas of your body not normally exposed to sun.

**Continued on back...**

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## SUNSCREEN - IT'S NOT JUST FOR THE BEACH ... CONTINUED



Some risk factors that may increase your chance of getting skin cancer include but are not limited to: fair skin, multiple sunburns (especially at a young age), excessive sun exposure (without sunscreen or protective clothing) sunny and high altitude climates, moles, family or personal history of skin cancer, precancerous lesions, exposure to radiation or certain chemical exposure.

Some of the best ways to protect yourself from skin cancer is; limited sun exposure especially during peak sun time (10:00 a.m. to - 4:00 p.m.), always wearing sunscreen (year round - 30 SPF or higher), wearing protective clothing, do not use tanning beds and check any medications that you are taking to see if they make you sun sensitive.

To sum things up, always wear sunscreen. Try to use a product with at least 30 SPF or higher (summer, fall, winter and spring). Try to avoid sun exposure during peak hours (10:00 - 4:00p.m.). Avoid tanning beds (those products do not contain sunscreen). Check your skin often and if you notice anything unusual see your doctor immediately.

**check  
Us  
Out!**

## WHAT IS H.E.A.R.T. MINISTRY?



### SERVICES OFFERED

The H.E.A.R.T. Ministry offers a variety of services to our congregation and our surrounding communities. All information is kept confidential. All services are offered free of charge. Listed below are a few of our services currently offered. If you don't see a service listed, please call us, we may be able to help.

- ✦ Cancer Companions
- ✦ Grant Research Assistance
- ✦ Energy Assistance (through Dollar Energy)
- ✦ Resource Information
- ✦ Grief Support
- ✦ Financial Guidance
- ✦ Housing Information
- ✦ Spiritual Support
- ✦ Personal One on One Prayer Time
- ✦ Medical Equipment Assistance
- ✦ Prescription Assistance Programs
- ✦ And many other services

### HELP SUPPORT H.E.A.R.T. MINISTRY

H.E.A.R.T. Ministry needs your help and prayers so we can continue to support those in need.

During the month of June we provided various means of support to 20 individuals/Families in the following categories. Several people had multiple requests.

Please contact us to see how you can help support the needs of this Ministry. 410-679-4000, ext.129.

- ✦ Affordable housing
- ✦ Rental assistance
- ✦ Cancer Companies
- ✦ Utilities
- ✦ Referral to Legal Services
- ✦ Financial Counseling
- ✦ Financial Assistance
- ✦ Gas Cards
- ✦ Medical Bills
- ✦ Emergency Housing