

# In Good Health

Your Monthly Wellness Spotlight by PSA

## KEEP YOUR SKIN HEALTHY – THE IMPORTANCE OF PROTECTING YOUR OUTER SELF

Did you know that your skin is the largest organ on your body? On average, an adult has approximately 8 pounds of skin! Although the skin is the largest organ, many people neglect properly taking care of it. By keeping your skin healthy, you can protect yourself from injury, limit dehydration, regulate your body temperature, prevent infections, and produce Vitamin D. In this month's In Good Health flyer, learn tips for how to keep your skin healthy to lessen your chances of developing the most common cancer in the world, skin cancer.

### Tips to Having Healthy Skin

Many of us take our skin for granted, neglecting it until a true problem occurs. While this may be the case for you, it is not too late to take care of your skin. Here are some important tips to keep your skin healthy.

- Bathe in warm water daily and use mild cleaners that do not irritate your skin
- Use sunscreen! Dermatologists recommend using sunscreen of at least SPF 30 blocks about 97% of UVB rays!
- Do not use tanning beds
- Moisturize dry skin
- Decrease stress
- Sleep! When you sleep, the blood flow to your skin increases which nourishes your skin and keeps it healthy.
- Eat a healthy diet and maintain a healthy weight

### Skin Cancer

Cancer is one of the largest threats to your skin. Skin Cancer is the most common cancer in the United States and worldwide. According to SkinCancer.org,

- 1 in 5 Americans will develop skin cancer by the age of 70.
- More than 2 people die of skin cancer every hour.
- Having 5 or more sunburns doubles your risk for melanoma.
- When detected early, the 5-year survival rate for melanoma is 99%.

Skin cancer changes your skin's appearance, so it is important to know your skin and recognize if any changes occur. Skin cancer usually appears in the form of red, scaly rough spots or skin sores. It is typically on sun-exposed areas and can be irregularly shaped. Whenever you notice a change to your skin, it is important to see a board-certified dermatologist so he/she can evaluate. Early detection is key and can mean the difference between life and death.

To prevent skin cancer, it is important to:

- Avoid the sun as much as possible, especially between 10 am – 4 pm
- Avoid sunburn
- Avoid tanning and never use tanning beds/lamps
- Cover your exposed skin, eyes, and head when out in the sun
- Use sunscreen, 30 SPF or higher!

Your skin is an important part of you! Take care of it today so it can take care of you!

If you have further questions regarding any health matters, feel free to contact Danielle Herndon, RN, CMM – VP, Health Risk Management, at [dherndon@psafinancial.com](mailto:dherndon@psafinancial.com).