



MSAD #1 Wellness News

May 2009



Wellness Programs

Massage Therapy

Where: PIHS Health Services Office
 Contact Amanda Blade, LMT, at 939-5430
 Contact Danielle Soucy, LMT, at 314-0810

Personal Fitness Trainer

Contact Marie Waddell, Certified Fitness Trainer
 Phone: 227-3610 or 764-8120
 Email: marie.waddell@sad1.org

Fitness Center

Mon.-Fri. 5:00-7:30 AM
 2:45-7:00 PM
 Saturday 7:00-10:00 AM
 Sunday Closed
 Vacations 7:00-10:00 AM
 Holidays Closed

Move and Improve 2009

Move and Improve 2009!

Congratulations Move and Improvers!
 We are more than half way through the program!

Week 9 winners are:

Mike Tardif	\$50.00
Dave Heald	navy blue gear bag
Sylvia Fox	shoulder bag
Kevin Malenfant	royal blue backpack
Dianne Leavitt	blue backpack
Sherri Calhoun	pen/coin key pouch

Add Relaxation To Every Day!

Relaxation is a necessity, not a luxury. When you're relaxed, you're better able to keep stress under control and to handle life's daily ups and downs. You can tap into new energy and insights as well. Make relaxation a part of your day...and your life.

7 Relaxation Basics: Eliminate too much stress by making these everyday tips a must!

- ✓ Avoid clutter
- ✓ Accept the things you cannot change
- ✓ Look for the silver lining in everything ☺
- ✓ Simplify your life
- ✓ Spend time enjoying your family and friends
- ✓ Use soft lighting
- ✓ Spend time with positive people

www.webmd.com

Accentuate The Positive!

Optimists are better able to handle stress, which can lead to sleep deprivation, lowered immunity, and reduced energy. One technique for chasing stress away is to keep a daily list of your reasons to be grateful. Other stress busters include listening to soothing music, socializing with positive people and performing acts of kindness every day.

Wellness Committee

Erin Argraves, Lori Bates, Brian Cronin, Holly Johnson, Sheila Nemer, Deb Raymond, Marie Waddell, Mary White.

When Was Your Last Skin Exam? May is Skin Cancer Awareness Month!

Why Self-Exams Are So Important – Skin cancer is the most common of all cancers, afflicting more than a million Americans each year, a number that is rising rapidly. If diagnosed and treated early, it is the easiest to cure. When allowed to progress, skin cancer can result in disfigurement and even death.

When To Do It – Performed regularly, self-examination can alert you to changes in your skin and aid in the early detection of skin cancer. For most people, once a month is ideal. Ask your doctor if you should do more frequent checks.

What To Look For – There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. Because each has many different appearances, it is important to know the early warning signs. Look especially for change of any kind. Do not ignore a suspicious spot because it does not hurt. Skin cancers may be painless, but dangerous all the same.

The Warning Signs – If you notice one or more of the warning signs, see a doctor right away.

- A skin growth that increases in size and appears pearly, translucent, tan, brown, black, or multicolored.
- A mole, birthmark, beauty mark, or any brown spot that:
 - Changes color
 - Increases in size or thickness
 - Changes in texture
 - Is irregular in outline
 - Is bigger than 6mm or ¼", the size of a pencil eraser
 - Appears after age 21
- A spot or sore that continues to itch, hurt, crust, scab, erode, or bleed
- An open sore that does not heal within three weeks

If You Spot It... - Don't overlook it. Don't delay. See a physician, preferably one who specializes in diseases of the skin, if you note any change in an existing mole, freckle, or spot or if you find a new one with any of the warning signs of skin cancer.

Protection Stops It, Too – About 90 percent of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun.

- Seek the shade, especially between 10 AM and 4 PM
- Do not burn.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses
- Use a sunscreen with an SPF of 15 or higher every day
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside
- Reapply every two hours, or immediately after swimming or excessive sweating
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.
- Avoid tanning and UV tanning booths.

For more information visit the following websites:

www.cancer.gov

www.skincancer.org

www.aad.com