Skin Cancer Prevention and Early Detection

Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades.

Most skin cancers are caused by too much exposure to ultraviolet rays. Most of this exposure comes from the sun but some may come from man-made sources, such as indoor tanning beds and sun lamps. The good news is that you can do a lot to protect yourself and your family from US rays, as well as to catch skin cancer early so that it can be treated effectively.

How Do I Protect Myself from UV Rays?

Sunlight is the main source of UV rays, but you don’t have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you’re going in the sun, you can simply put on a light layer of clothing, wear a hat and sunglasses, and of course put on sunscreen.

Only 8% of adults 35 and older received all highly recommended preventive services and about 5% of adults reported they received none of them. These results are based on a new AHRQ Medical Expenditure Panel Survey questionnaire and first-of-its-kind measure that gauges the use of a broad spectrum of high-priority preventive services, including screening, counseling, preventive medications, and vaccinations. The analysis did find some better news: more than 20% of adults reported receiving more than 75% of the recommended services, a finding that shows improvement is possible! Do you have ideas for SMC to capture our population to keep them healthy?
Infection Control Corner

Identifying a Salmonella Infection

Contact your doctor if you have any of the following symptoms of a Salmonella infection:
- Diarrhea
- Signs of dehydration
- Bloody stools
- Diarrhea that lasts 3 or more days without improvement
- Prolonged vomiting where you cannot keep liquids down

How to Avoid Salmonella

Follow these steps to prevent Salmonella and foodborne illness in general: clean, separate, cook, chill, and report.
- Clean your hands often. To prevent cross contamination, make sure to always wash your hands each time after handling raw meat.
- Keep kitchen surfaces and utensils clean.
- Wash fruits and vegetables before you cut or peel them.
- Use separate cutting boards and knives for uncooked meats and uncooked produce.
- Keep hot foods hot and cold foods cold.
- Cook food to recommended internal temperatures.
- Refrigerate perishable food within 2 hours. Discard food that sits out longer than 2 hours.

What is **Lean Six Sigma**?

**LEAN**
Focuses on waste reduction by streamlining a process.

**SIX SIGMA**
Focuses on preventing defects through problem solving.

**LEAN SIX SIGMA**
Lean strengthens Six Sigma: Problem solving + improving processes delivers greater results.

This month, several of our team members were trained in a methodology called Lean Six Sigma. This is a combination of two powerful process improvement methods that help an organization and team perform more effectively while reducing waste and enhancing performances. A few members from different departments are in the process of becoming a “Yellow Belt” in Lean Six Sigma and will be available as a resource while navigating through process improvements in your area.

Please voice your opinions in what areas you’d like to see improvements in so we can benefit from this training and provide the highest quality of care in Saunders County. Through this training, we will be able to identify, measure, and improve our processes that will not only benefit patients at Saunders Medical Center, but also help employees become more engaged and more productive!