

Don't let SUNSHINE have a lasting effect on your skin

By PAULA VESS
Regional Marketing Group

SHELBY - After these recent cold, gray days of winter, we look forward to spring and going outside into the sun. However, spending too much time in the sun can cause skin damage and even skin cancer.

Skin cancer is the most common form of cancer in the United States. According to the National Cancer Institute, more than one million Americans develop skin cancer each year, and the two most common types of skin cancer are basal cell and squamous cell. They usually develop on areas of the skin exposed to the sun, but skin cancer can occur on areas of the body that have no sun exposure, and it may spread to other parts of the body.

The most serious type of skin cancer is melanoma and forms in the cells that make melanin, the substance that gives skin its color. Melanoma can strike even if you take precautions in the sun. Just ask Cindy Yeargin, the Director of Cleveland Regional Medical Center's Blumenthal Cancer Center who should know all about skin cancer.

"I went to the doctor to have moles removed and asked him to check a couple spots that looked funny to me. I never thought he would find anything," said Yeargin, an RN. "Two of the spots came back as melanoma and two were pre-cancerous. I had to have all of them removed."

Yeargin admits spending a lot of time in the sun when she was younger, but has been more cautious in recent years. Having red hair and fair skin, she was already a prime candidate to develop skin cancer. "Now I get checked every six months because my risk for developing other melanomas is higher," she said.

Almost all skin cancers are preventable by limiting exposure to the sun and other



Applying sunscreen liberally, even under clothing, is an important tool in limiting damage from sun exposure. For tips on choosing the right sunscreen, visit www.cancer.gov.

Free Skin Screening

WHAT:	Free Skin Screening
WHERE:	Cleveland Regional Center's Blumenthal Cancer Center
WHEN:	March 6, from 8 a.m. to noon
APPOINTMENT:	Call 980-487-3724 for an appointment or more information.

Now is a good time to attend a skin screening since most people haven't been in the sun all winter, and lighter skin may make it easier to spot suspicious moles.

Take steps to reduce your risk of skin cancer

- Avoid exposure to the midday sun (from 10 a.m. to 4 p.m.). When your shadow is shorter than you are, remember to protect yourself from the sun.
- If you must be outside, wear long sleeves, long pants, and a hat with a wide brim.
- Protect yourself from UV radiation that can penetrate light clothing, windshields, and windows.
- Protect yourself from UV radiation reflected by sand, water, snow, and ice.
- Help protect your skin by using a lotion, cream or gel that contains sunscreen and are labeled "broad-spectrum coverage." Sunscreens are rated in strength according to a sun protection factor (SPF). The higher the SPF, the more sunburn protection is provided. Sunscreens with an SPF value of 2 to 11 provide minimal protection against sunburns. Sunscreens with an SPF of 12 to 29 provide moderate protection. Those with an SPF of 30 or higher provide the most protection against sunburn.
- Wear sunglasses that have UV-absorbing lenses. The label should specify that the lenses block at least 99 percent of UVA and UVB radiation. Sunglasses can protect both the eyes and the skin around the eyes.

Source: The National Cancer Institute

sources of ultraviolet light such as sun lamps and tanning beds. When found early, most skin cancers can be treated successfully, even melanoma.

"I was using a tanning bed," said Yeargin. "I can't say for sure that's what caused the melanoma, but I will not be going back and I'll be a tent lady at the beach."

The National Cancer Institute states that melanoma often begins with a change in the size, shape, color or feel of a mole. Most normal moles can be raised or flat and are round or oval and smaller than a pencil eraser. Moles are common and most people have at least a few. A regular, self-exam of your moles, birthmarks and other marks on your skin will help you learn their usual appearance. Watch for changes in existing moles or marks and also keep an eye out for anything new on your skin. If you find something, have it checked.

"Even with my knowledge of what abnormal should look like, none of my sites alarmed me," said Yeargin. "My advice is that no matter what it looks like to you, it is better to be safe than sorry. Have someone with that expertise look at it and have a full body scan once a year."

State recognizes Kings Mountain Hospital for quality

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KINGS MOUNTAIN - The North Carolina Center for Hospital Quality and Patient Safety recently recognized Kings Mountain Hospital as one of the most improved hospitals for Optimal Care over a two-year period of time. The improvements recognized the work of physicians and staff in the area of Heart Failure.

The optimal care score shows how often hospitals give recommended treatments known to get the best results for patients with certain surgical procedures or medical conditions such as heart failure. KMH's score in the area of optimal care for heart failure patients places it above the state's average.

"At Kings Mountain Hospital and Cleveland Regional Medical Center we

are always committed to providing excellent care to our patients," said Cindy Proctor, RN, Director of Quality Management for Cleveland County HealthCare System. "Because of that commitment we never stop improving, and this recognition is just one result. The staffs at both hospitals work hard every day to ensure safe, high-quality care and positive outcomes for our patients."

KMH's improvement is a result of actions taken to ensure that both patients and their families received and understood instructions about heart failure at the time of discharge. This involves an understanding of dietary restrictions, activity recommendations, medications prescribed at discharge, the importance of making and keeping a follow-up appointment with their physician, signs and symptoms of worsening heart failure, and the im-

portance of weighing themselves every day. Nursing also focused on providing education on how to stop smoking to heart failure patients who smoke.

Heart failure is a weakening of the heart's pumping power. With heart failure, your body does not get enough oxygen and nutrients to meet its needs. Heart failure does not mean that the heart has stopped, but that it cannot pump blood the way that it should.

The NC Quality Center has aligned its efforts to be consistent with a national initiative called the Hospital Quality Alliance (HQA), a national public-private collaboration to encourage hospitals to voluntarily collect and report hospital quality performance information. Hospitals across the country have been providing information through the HQA initiative since October 2003.

MARCH
2010



Giving you
The Power of HEALTH

WINGS Cancer Support Group

March 1
6 - 7 p.m.
CRMC Blumenthal Cancer Center
This support group is open to patients with all types of cancer. For more information or to register, please call 980-487-3025.

Healthy Hearts Support Group

March 2
11 a.m.
CRMC Cardiopulmonary Rehab Department
This month's program is titled "Dining Out." For more information, please call 980-487-3659.

Pink Ribbon Network

March 4
Noon - 1 p.m.
CRMC Oncology Services Board Room
Join us for a gathering for newly diagnosed breast cancer patients. Lunch will be served. For more information or to register, please call 980-487-3757.

Bridges

March 8
2 - 3 p.m.
CRMC Blumenthal Cancer Center

Join us for a special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Look Good...Feel Better

March 8
3 p.m.
CRMC Cancer Center
Class focuses on beauty techniques while dealing with cancer. For more information, please call 980-487-3757.

Diabetes Support Group

March 9
5:30 p.m.
CRMC 2nd floor Grover Building Auditorium
This month's program is titled "Proper Footwear and Orthotics For Diabetes" with Brack Ward, Shope Shoes. For more information, please call 980-487-3953.

Infant and Child CPR Class

March 13
6 - 8 p.m.
Women's Life Center
Important class for parents and other infant/child caregivers. Fee: \$10/person or \$15/couple. To register, please call 980-487-3983.

Car Seat Safety Class

March 18
5:15 p.m.
CRMC Women's Life Center
This class provides information on current laws and how to keep your new baby safe while traveling. To register, please call 980-487-3983.

Bridges

March 22
2 - 3 p.m.
CRMC Cancer Center
Join us for a special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Blood Pressure Screen

March 23
11:30 a.m.
2 p.m.
CRMC Main Lobby
For more information, please call 980-487-3182.

Some programs may require pre-registration or appointments. Some require a fee. For more information, call 980-487-3903.



Your Choice for Outpatient Surgery

At both Kings Mountain Hospital and Cleveland Regional Medical Center, outpatient services have scored in the top 10% nationally in patient satisfaction. New Outpatient Surgery facilities at both locations are fortunate to have specialized physicians and staff with extensive training and certifications. Support staff – such as radiology, pathology and respiratory therapy – helps us provide the best care possible.

Cleveland Regional Medical Center: 980-487-3000
Kings Mountain Hospital: 980-487-5000
www.ClevelandCountyHealthCareSystem.org



Cleveland County HealthCare System