Sun vs. Skin: What you need to know

Thinking of getting a tan? Besides causing skin cancer, exposure to ultraviolet (UV) light causes most of the skin changes that make us look older as we age, including wrinkles, dry skin and age spots that could become cancerous. Skin cancer is the most common type of cancer in the U.S., and it includes:

- Basal cell carcinoma. The most common type of skin cancer, it is easily treatable but often recurring.
- Squamous cell carcinoma. This type represents about 20 percent of skin cancers.
- Melanoma. This represents less than 5 percent of skin cancers, but it causes most skin cancer deaths, more than 8,600 a year.
- Cover all exposed skin with a broad spectrum, water-resistant sunscreen with an SPF of at least 30, and reapply every two hours.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
- Seek shade when the sun’s rays are strongest, from 10 a.m. to 4 p.m.
- Protect children by making sure they play in the shade, use protective clothing and apply sunscreen.
- Use extra caution near water, snow and sand. They reflect and worsen the damaging rays of the sun.
- Get vitamin D through a healthy diet that may include supplements. While sun exposure can help your body make vitamin D, the AAD warns this could worsen your risk for cancer.
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Edwards County Receives New Ambulance

After several months of waiting, the new ambulance has finally arrived. Danny Bentley, EMS Director, flew to Florida on March 25th and drove the new ambulance back. His return trip with the new ambulance took 3 days. The new ambulance is a 2014 Chevy with a 4500 chassis. The new ambulance will replace the 1999 model and will help improve our staff and patient safety. A BIG THANKS goes out to the committee who worked on the new ambulance project which included Billy Brokar, Larry Myers, Danny Bentley, Aaron Thompson, and Michael Prachel.

Pictured above: County Commissioners, Larry Myers (Board of Trustee Member), and some of the Edwards County EMT’s.

Seventh Annual Men’s Health Fair

Health Fair providing services and information to 148 men. Last year they also co-sponsored the Women’s Health Fair providing services to over 200 women.

Blood tests/analysis, blood pressure test, EKG’s, urinalysis and skin cancer screenings were all provided at no cost to Edwards County residents. Breakfast was provided by the Hospital Auxiliary for those who attended. The Hospital extends its appreciation to the Edwards County Healthcare Foundation and to all the staff and volunteers who helped make this another successful event.

Pictured Below: Heidi Divis and Brenda Marquez

Purchase of Ultrasound Machine

The Edwards County Healthcare Foundation co-sponsored the Hospital’s Seventh Annual Men’s Health Fair providing services to over 200 women.

Pictured: Lesley Rogers

The Edwards County Healthcare Foundation co-sponsored the Hospital’s Seventh Annual Men’s Health Fair and provided the Hospital with a new Ultrasound Machine.

Pictured: Sandra Kurth and Dr. Linder

The Edwards County Hospital Auxiliary has generously purchased an Ultrasound Machine for the hospital. The Ultrasound machine will be used to confirm placement of PICC Line insertion (Peripherally Inserted Central Catheter) and can also be used to scan bladders. ECH appreciates all that Edwards County Hospital Auxiliary does in helping us expand our services.

Pictured: Rachel Schroth and Stephanie Harper

The Ultrasound machine will replace the 1999 model and will help improve our staff and patient safety.

New Food Service Director

Congratulations to Shawn Williams. Shawn recently passed the examination to become a Certified Dietary Manager.

Welcoming Our New Staff

Julie Parker, Food Service

Rachel Schroth, Food Service

Stephanie Harper, EMS

Ashtan Zimmerman, Nursing

Brooke Williams, Nursing

Brenda Marquez, Business Office

CPR Classes

Scheduled CPR classes for this year are on the following dates:

- Healthcare Provider CPR Classes:
  - April 24 6pm-9pm
  - May 22 8pm-9pm
  - August 28 6pm-9pm
  - September 25 6pm-9pm
  - October 14 8pm-9pm

Classes will not be offered in June or July.

Healthcare Provider CPR Classes:

- April 24 6pm-9pm
- May 22 8pm-9pm
- August 28 6pm-9pm
- September 25 6pm-9pm
- October 14 8pm-9pm

HeartSaver CPR classes for non-healthcare individuals is provided by appointment only. If interested in scheduling a class or signup, contact Danny Bentley, Director of EMS at 620-659-3621.

Vegetarian Korma

Ingredients:

- 1 1/2 tablespoon vegetable oil
- small onion, diced
- 1 teaspoon minced fresh ginger root
- 4 cloves garlic, minced
- 2 potatoes, cubed
- 1 fresh jalapeno pepper, seeded and sliced
- 3 tablespoons ground unsalted cashews
- 1 (4 ounce) can tomato sauce
- 2 teaspoons salt
- 1 1/2 tablespoons curry powder
- 1/2 cup frozen green peas
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 cup heavy cream
- 1 bunch fresh cilantro for garnish

Directions:

1. Heat the oil in a skillet over medium heat. Stir in the onion, and cook until tender. Mix in the ginger and garlic, and continue cooking 1 minute. Mix potatoes, carrots, jalapeno, cashews, and tomato sauce. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.

2. Stir peas, green bell pepper, red bell pepper, and cream into the skillet. Reduce heat to low, cover, and simmer 10 minutes. Garnish with cilantro to serve. Serve with rice.

Nutrition Facts:

- Calories: 426
- Total Fat: 15.3g
- Saturated Fat: 3.2g
- Cholesterol: 65mg
- Sodium: 1,088mg
- Total Carbohydrate: 41.3g
- Dietary Fiber: 8.4g
- Protein: 8.6g
- Sugars: 9.3g

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Source: allrecipes.com