

the **buzz**

July 2020

HAVE FUN IN THE SUN... SAFELY

JULY IS UV SAFETY AWARENESS MONTH

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. The harmful ultraviolet rays from both the sun and indoor tanning can cause skin cancer, eye problems, a weakened immune system, age spots, wrinkles and leathery skin. Reduce your risk of sun damage and skin cancer by following these five tips.

1. Wear a hat

Wear a hat with a wide brim that protects your eyes, ears, face and the back of your neck. A tightly woven hat, such as canvas, works best to protect against UV rays. If you are wearing a baseball hat, wear clothing that protects your ears and neck.

2. Apply sunscreen

Keep your skin looking healthy by wearing a sunscreen which provides broad-spectrum protection. Broad spectrum protection protects your skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays. Choose a sun protection factor (SPF) of 30 and above to provide the most protection. Lather sunscreen on generously and re-apply every two hours while in the sun. Always re-apply sunscreen after swimming or sweating.

3. Seek shade

UV rays are the strongest between 10 a.m.-4 p.m. You can head for the shade or make your own shade by wearing protective clothing - like wearing a wide brimmed hat.

4. Put on the sunshades

Sunlight reflecting off sand, water, or even snow, further increases exposure to UV rays and increases your risk of developing eye problems. UV rays can cause cellular eye damage that can lead to cataracts or macular degeneration. Wearing sunglasses will protect your eyes. Choose sunglasses that provide 100% UVA and UVB protection. Large, wraparound-style frames may provide the best protection.

5. Cover up

If you have to be in the sun, wearing loose, lightweight long-sleeved shirts and long pants can protect your skin from UV rays. Tight woven clothes with darker colors provide the best protection. Keep in mind that a typical t-shirt provides less than 15 SPF protection. Protect your skin more by applying sunscreen to your whole body, not just to the skin that will be exposed to the sun.



USE THE ABCDE'S TO CHECK YOUR SKIN

Skin cancer is a very common type of cancer in the United States, and the main cause is the sun. Anyone, of any skin color, can get skin cancer, although those with fair skin that freckles are at a greater risk. Skin cancer may be cured if it is found before it spreads to other parts of the body. Check moles, brown spots and growths on your skin each month using the ABCDE method below. Speak to your doctor if you have any of these signs to make sure it is not skin cancer.

- A** = Asymmetry (one half of the growth looks different from the other half)
- B** = Borders that are irregular
- C** = Color changes or is more than one color
- D** = Diameter greater than the size of a pencil eraser
- E** = Evolving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding) or shades of color

New Siteman Mammography Van Screening Procedures during COVID-19 Pandemic:

The following procedural changes will allow us to maximize patient and staff safety, while maintaining our standard of excellence in patient care:

- We have revised the schedule template. **This revised schedule will allow us to screen 3 patients per hour, instead of the previous 5 patients per hour.** This is necessary to allow for appropriate social distancing, as well as thorough cleaning of the van between patients. We have made all of the necessary adjustments to the schedule, and we will schedule patients accordingly.
- For the safety of patients and staff, **all patients will be required to wear a mask** in order to enter the van. We will have masks available for patients who need one. Patients who refuse to wear a mask will not be screened.
- At this time, we will be **unable to accommodate walk-in's** unless there is a cancellation in the schedule. Walk-in's will require advanced approval from the van technologist.
- Patients will be given a scheduled appointment time, and on screening day, **they will be notified when they can enter the vehicle.** Our van staff will send a text message/phone call to the employee when we are ready for her to board the van.

NEW!

Jul 1	1520 Market	1520 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Jul 22	Family Courts	920 Vandeventer Avenue, St. Louis, MO 63108	9 a.m.-4 p.m.
Aug 6	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Aug 18	St. Louis PD - South Patrol	3157 Sublette Avenue, St. Louis, MO 63139	1 p.m.-6 p.m.
NEW! Aug 24	MSI	7600 Hall Street, St. Louis, MO 63147	7 a.m.-3 p.m.
Sep 8	Airport	10701 Lambert International Boulevard, St. Louis, MO 63145	9 a.m.-3 p.m.
NEW! Sep 9	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Sep 18	1520 Market	1520 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Sep 28	Water Dept	1640 South Kingshighway Blvd., St. Louis, MO 63110	8:15 a.m.- 1 p.m.
Nov 16	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.



No Time Like the Present to Start Meditating

Daily meditation can help us manage the challenges each new day brings, including coping with stress and staying focused. Meditation can be done while sitting, walking, standing, or laying down, and it is one of many tools you can have in your well-being toolbox.

Meditation can be as simple as finding a comfortable place to sit and focus on your breathing.

Here are some ideas to start a practice:

- Schedule a meditation break at a specific time each day; sometimes multiple short breaks can be beneficial too.
- Make a special spot for yourself to sit or lay down.
- Start with an easy goal, like 5 or 10 minutes at a time.
- Use a timer or guided recording to make it easy to begin and end the meditation.
- Stay in the present moment. Minimize what you let in your head and avoid negative or distracting thoughts.
- Don't be too hard on yourself if the thoughts keep coming; this is human nature.
- Remind yourself to return to the practice of calming your mind and focusing on your breath.
- Try taking your meditation into nature by walking outside and listening to the wind and birds or simply looking out the window and observing the scenery.



Provided by:
Department of Personnel and BJC HealthCare
for the BeeFit Wellness Program

For more information:
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Look for us on:  

BJC HealthCare