



May 2021

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.



May is Skin Cancer and Melanoma Awareness Month

Anyone, no matter their skin tone,
can get skin cancer.

Learn about what skin cancer and melanoma is, and how to help reduce your risk of developing skin cancer and melanoma.

What is Skin Cancer?

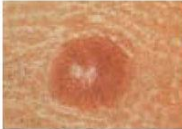







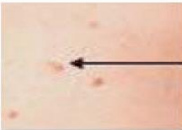
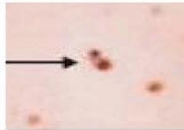
Skin Cancer is the most common type of cancer in the US. Skin Cancer is most commonly caused from too much UV ray (sun rays and artificial UV tanning bed light) exposure to the skin. This damages the skin cells and causes them to grow abnormally and damage your body.

What is Melanoma?

Melanoma is a type of skin cancer that is very common and causes the most types of skin cancer deaths.


The ABCDE checklist

The ABCDE guideline is one of two commonly used strategies for early detection of melanoma.

A	Asymmetry: Moles that have asymmetrical appearance. If you draw a line through this mole, the two halves will not match.		
		symmetrical	asymmetrical
B	Border: Uneven, scalloped, jagged, or notched borders		
		even borders	uneven borders
C	Color: A mole with more than one color.		
		one color	multi colored
D	Diameter: The diameter of the mole is usually larger than a pencil eraser, (1/4 inch or 6 mm). They can be smaller, though.		
		smaller than 1/4 in.	larger than 1/4 in.
E	Evolution: Moles that evolve suddenly in size, shape, color, elevation, crusting, itching, or other traits.		
		ordinary	evolving

How to help prevent Skin Cancer and Melanoma

Protect your skin from UV ray (sun rays and artificial UV tanning bed light) *all year round*. UV rays from the sun can still damage your skin even on cloudy cold days! See the infographic below for ways to help protect your skin.



It's easy to protect yourself from UV exposure...

-  Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.
-  Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.
-  Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.
-  If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.

It is also important to visit a dermatologist every year so that they can examine your skin. Dermatologists can help see early signs of melanoma and other skin cancers on your body. Typically, dermatology visits are covered by insurance- call your insurance company to ask about coverage and options in your area for annual visits.

For more information, visit: <https://www.cdc.gov/cancer/skin/badges.htm>

Community Highlight: Cuba Pathways Project

The Continental Divide Trail Coalition in collaboration with a local steering committee from Cuba received a Rural Pathways grant from the NM Department of Tourism to feature and promote local destinations for outdoor recreation and local goods and services for visitors. It was matched by contributions from the Village of Cuba Lodgers Tax Fund, Sandoval County and private business donations.

The grant required the steering committee to first attend three half-day trainings provided by the Tourism Department to further refine and develop the proposed activities. The ultimate project consisted of development of a set of materials for distribution to visitors and local residents of the Cuba area that consist of:

- an outdoor recreation guide and map for distribution to visitors and locals
- rack cards for each of nine destinations with information for exploring them on foot to be distributed at a new information kiosk, the seasonal Cuba Visitor Center and local businesses and offices
- post cards for general distribution
- a goods and services brochure with information and a map for visitors

Walking regularly
cAn
Lower your
risK for cancer
and other diseases

Cuba Bag Logo



For local residents, all materials will be placed into canvas bags to be distributed through employers and other ways. For the bags, four CDC fact sheets on physical activity and health (adults, older adults, children and youth, families) will be added to other materials. The purpose of the distribution is to encourage walking and other physical activity through repeated visitation to the multiple destinations. The bags and their contents were funded by a DOH Comprehensive Cancer mini-grant to the Nacimiento Community Foundation Step Into Cuba program.

*-Richard Kozoll
Cuba VIVA Team Member*



Stay safe, mask up, and get outside!

Sincerely,

The VIVA Connects Team

Compiled by Laurel Fimbel for VIVA Connects

Please contact at: LFimbel@salud.unm.edu