

Get Healthy Queens!™



Be Sun-Safe: Prevent Skin Cancer

Skin cancer is the most common form of cancer. Over one million new cases are diagnosed each year in the U.S. Risk factors for skin cancer include excessive exposure to UV radiation, fair complexion, occupational exposures, family history, multiple or atypical moles and/or severe sunburn as a child. You can lower your risk for skin cancer by taking the following steps:

- Limit the amount of time you spend in the sun, especially between the hours of 10 a.m. and 3 p.m.
- Wear protective clothing such as long sleeves and a wide-brimmed hat to shade your face, ears and neck when you are in the sun.
- Wear sunglasses that block 99% to 100% of UVA and UVB radiation.
- Apply a generous amount of sunscreen SPF 15 or higher. Reapply after swimming, toweling dry or perspiring. Remember, sunscreen is not a substitute for avoiding sun exposure.
- Avoid artificial sources of UV radiation such as tanning booths and sun lamps.
- Examine your skin for changes such as a growth, irritation or a sore that does not heal or a change in a wart or mole.

As part of a routine cancer check-up, your doctor should examine your skin carefully.

Sources: American Cancer Society; U.S. Department of Health and Human Services

AUGUST Health & Wellness Events

7 Tuesday, 5:00 PM-6:00 PM
National Night Out Against Crime
 Complimentary Blood Pressure Screening,
 Health Education & More
War-Memorial Astoria Park South
Shore Boulevard, Astoria

15 Wednesday, 10:30 AM-11:30 AM
**Soap & Water: Infection Control
 at Your Finger Tips**
 Barbara Winter, RN
 No Registration Required
Ravenswood Senior Center
34-35 12th Street, Astoria

16 Thursday, 11:30 AM-1:00 PM
**Colorectal Cancer Surgery:
 Getting Your Colon Healthy Again**
 David Bub, MD
 Lunch will be served. Space is limited
 Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

21 Tuesday, 5:00 PM-6:00 PM
**Stop Foot Pain: The First Step
 Toward Healthy Feet**
 Wayne Axman, MD
 Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Patient Resource Room, 1st Floor
25-10 30th Avenue, Long Island City

22 Wednesday, 3:00 PM-6:00 PM
Breast Cancer Screening & Education
 George Tsioulis, MD, PhD
 Co-sponsored with
 Queens Breast Health Partnership
 with support from SHAREing & CAREing
 By Appointment Only. Call 1-800-Your-MDS
 No charge to eligible patients
Mount Sinai Hospital of Queens
Senior Health Center
27-15 30th Avenue, Long Island City



The Mount Sinai
 Hospital
 of Queens

A Division of The Mount Sinai Hospital

FOR A PHYSICIAN REFERRAL, CALL 1.800.YOUR.MDS OR VISIT WWW.MSHQ.ORG