



You are the salt of the Earth

Ministry of Health and Wholeness

Skin Cancer Awareness: The discerning heart seeks knowledge

Special points of interest:



<https://www.skincancer.org/early-detection/the-big-see/>

- **Practice:**
- G**– greens & grains
- R**– rest/ relax
- A**– activity & exercise
- C**³– cease smoking, control drinking, contact people
- E**– emotional centering with contemplative practice

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Skin Cancer Awareness (all information taken from <https://www.skincancer.org/>)

1 out of 5 Americans will develop Skin cancer by age 70. **Knowledge** is the best defense! Skin Cancer is the cancer you can see. Early detection saves lives.

What is skin cancer?:

Skin cancer is the out-of-control growth of abnormal cells in the outer most layer of skin caused by DNA damage that triggers mutations. The mutations lead skin cells to multiply rapidly and form malignant tumors.

Skin cancer can happen to anyone, at any age on any part of the body. Everyone should examine their skin once a month. If you see something **NEW, CHANGING** or **UNUSUAL** do not wait, get it checked by a dermatologist right away. Finding and treating skin cancer early can save your life.

Causes of Skin Cancer:

The 2 main causes of skin cancer are the sun's harmful UV rays and using UV tanning beds.

Recognizing skin cancer:

Skin cancers can look very different in different people and depending on type of skin cancer or location on the body. There are 3 main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma or Merkel cell carcinoma.

Basal Cell Carcinoma (BCC):

BCC forms in the basal cells of the outer most layer of skin usually on skin exposed to the sun such as the face, ears, neck, scalp, shoulders, and back. It is the most common form of skin cancer and is easily treated if caught prior to metastasizing.

Squamous Cell Carcinoma (SCC):

SCC forms in the squamous cells in the outer most layer of skin also found where skin is exposed to the sun and in wrinkles and age spots. SCC is the second most common form of skin cancer. SCC can grow rapidly and metastasize if not detected and treated early.

Melanoma or Merkel Cell (MCC):

MCC develops in the skin cells that produce melanin pigment which gives skin its color. MCC can resemble a mole and is found anywhere on the body even in areas not exposed to the sun. Nearly half of new cases will be confined to the top layer of skin, but the other half will be invasive. MCC is the most dangerous, but can be cured when caught and treated early.

Risk Factors:

- ◆ Indoor Tanning
- ◆ Sunburns
- ◆ Skin Type
- ◆ Over Exposure to UV Rays
- ◆ Genetics
- ◆ Atypical Moles
- ◆ Organ Transplant
- ◆ Red Hair

Decrease Your Risk:

- ◆ Use SPF 15+ sunscreen
- ◆ Use protective clothing, UV blocking sunglasses and wide brimmed hats
- ◆ Seek the shade
- ◆ Use window film in car and home
- ◆ Annual skin exams
- ◆ Monthly self exams
- ◆ **Healthy diet**

What to look for:

- Anything **NEW, CHANGING,** or **UNUSUAL** including:
- ◆ A growth that changes in size
 - ◆ A mole that changes
 - ◆ A spot or sore that continues to itch, hurt, crust, scab or bleed.
 - ◆ An open sore that does not heal within 3 weeks.

Learn more at: <https://www.skincancer.org/early-detection/the-big-see/>



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More Special Points:

- “For if they eat of the fruit (of the tree of knowledge) they shall be driven from the garden and *from that day forward they shall be responsible for their own lives. They eat of the fruit; they are driven out of the garden; they become responsible for their own lives.*”

Resources:

- Skin Cancer Awareness:
<https://www.youtube.com/watch?v=kIL2wGCqPzg>
- Skin Cancer Prevention:
<https://www.youtube.com/watch?v=ZVXro5hYSio>

Ministry of Health and Wholeness: Pondering the Sacred

“The discerning heart seeks knowledge, but the mouth of a fool feeds on folly .”

Proverbs 15:14

From Innocence to Knowledge

On Tuesday, August 11, 2020 Father Richard Rohr wrote in his daily devotions:

“Many Christians look to the Garden of Eden as the ultimate example of Order. While we can certainly mourn the suffering, it doesn’t do us any good to regret “the Fall.” It had to happen; failure is part of the deal! If Christ is the Logos, the blueprint for all creation, then God has always had our growth and salvation in mind.

The setting is the Garden of Eden. Adam and Eve are the central figures in an idyllic surrounding. All is peaceful. All is innocent. They are told by God that they are free to do anything except one thing. They are forbidden to eat the fruit of the tree of knowledge which grows in the midst of the garden [Genesis 2:16–17]. For if they eat of the fruit they shall be driven from the garden and **from that day forward they shall be responsible for their own lives. They eat of the fruit; they are driven out of the garden; they become responsible for their own lives.** With the coming of knowledge, they have lost their innocence.

The transition from innocence to knowledge is always perilous and fraught with hazard. There is something very comforting and reassuring about innocence. To dwell in innocence is to inhabit a region where storms do not come and where all the breezes are gentle and balmy. It is to live in the calm of the eye of the hurricane. It is to live in a static environment which makes upon the individual no demands other than to *be*. All else is cared for; is guaranteed.

But when knowledge comes, the whole world is turned upside down.....Struggle emerges as the way of life. An appetite is awakened that can never be satisfied. A person becomes conscious of himself.”

With this quest for knowledge comes a certain freedom and with freedom comes responsibility. Knowledge, freedom and responsibility require choice and our choices ultimately impact our destiny. The stakes are high! We are called to live consciously and mindfully, acknowledging the Truth of what is, growing continually into the likeness of God’s wisdom which is gained through the guidance provided when we are in union with our Creator. Knowledge, freedom, responsibility and choice are present in how we care for ourselves, for each other and for creation. May we seek God’s wisdom in all matters.

Opportunities to Boost Health and Practice G.R.A.C.E. at Living Saviour

Tuesday: Steps to Wellbeing for ALL 10:30 AM

Thursday: Chair Yoga 11:00 AM

Saturday: Active Workout 10:00 AM

Wednesday, May 17 at Noon: Lunch and Learn on Skin Cancer Prevention. Contact Laura Michael at **980-214-7171 to order lunch.**

All are welcome to all activities.

***Assistance from Faith Community Nurses by Appointment