




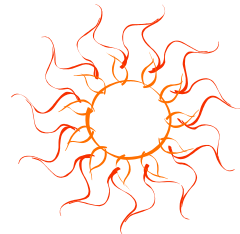
*Dimensions of Wellness*



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**July is**



**UV Safety Month**

According to statistics compiled by the **Skin Cancer Foundation**, more than a million people will be diagnosed with skin cancer this year. Further, one in five Americans will get skin cancer over the course of a lifetime, and nationally, there are more new cases of skin cancer each year than the combined incidence of breast, prostate, lung and colon cancers.

Take action by protecting yourself and your family.

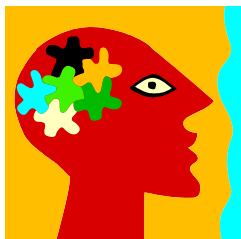
**Did you know??**

- More than 90% of skin cancers are caused by sun exposure.
- Fewer than 33% of adults, adolescents and children routinely use sun protection.
- Sun protection should be used year around.
- The sun's harmful ultraviolet (UV) radiation can penetrate many types of clothes.
- UV radiation can go through automobile and residential windows.
- UV radiation can damage eyes contributing to cataracts, macular degeneration and eyelid cancers.
- When on snow or ice the risk of UV damage doubles due to the reflective glare.

*Source: Skin Cancer Foundation*

*Experience is the hardest kind of teacher. It gives you the test first, and the lesson afterward.*  
-Anonymous

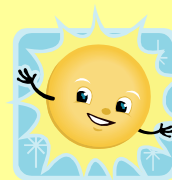
For more Information Contact: Paola Ball on 602 285-7160 or via Email on [Paola.Ball@pccmail.maricopa.edu](mailto:Paola.Ball@pccmail.maricopa.edu)



### Things to remember about UV rays:

- UV levels are at their highest between 10:00am and 2:00pm; try to stay out of direct sunlight during these hours. Don't forget your kids, keep them protected too!
- Reflected sunlight off water, snow, and pavement can be the most dangerous and intensified form of sunlight. Wear goggles or sunglasses that wrap around to block these rays.
- You can get sunburned in cloudy and overcast weather. Clouds do not mean the sun is gone, it is merely hidden.
- Your eyes can be damaged by UV light sources other than the sun such as welding lamps or tanning lights. So remember to wear eye protection when using these sources of invisible, high energy UV rays.

*Source: American Academy of Ophthalmology*



## Sun Safety Tips

### Protect Yourself and Your Family All Year Round

1. **Seek the shade**, especially between 10 A.M. and 2 P.M.
2. **Do not burn.**
3. **Use a sunscreen** with an SPF of 15 or higher every day.
4. **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
5. **Cover up** with clothing, including a wide-brimmed hat and UV-blocking sunglasses.
6. **Keep newborns out of the sun.**  
Sunscreens should be used on babies over the age of six months.
7. **Examine your skin** head-to-toe every month.
8. **See your doctor every year** for a professional skin exam.
9. **Avoid tanning and UV tanning salons.**

*Source: Skin Cancer Foundation*



## Consumers **BEWARE**

The FDA has put the squeeze on advertisers. New regulations restrict sun protection factor (SPF) labeling to a high of 30 doing away with claims that go as high as 60 SPF. In addition, labeling such as “water proof” and “all day protection” will be eliminated.

According to experts, sunscreen can be effective up to an eighty minute time frame, which makes the “all day protection” claim misleading. In addition, protection times are diminished by swimming and perspiration.

Mary O’Connell, director of skin care initiatives for the American Cancer Society (ACS), stresses the importance of applying sunscreen before exposure to the sun not once the skin starts turning pink.

**Prevention is the “KEY” to good health!**

*Source: American Cancer Society*

## Sunscreen for your EYES



**THERE IS MORE TO WEARING  
SHADES THAN JUST  
LOOKING COOL!**

Wearing sunglasses outdoors regularly helps prevent cataracts and macular degeneration. Recent studies have shown that prolonged exposure to the sun’s ultraviolet rays without protection may cause serious eye conditions that can lead to vision loss and even blindness. Prolonged sun exposure can cause “sunburn” on the surface of your eye. Similarly to skin sunburn, eye surface burns will disappear within a couple of days, but may lead to further complications later in life.

The American Academy of Ophthalmology recommends you protect your eyes with a wide-brimmed hat and sunglasses when spending prolonged time in the sun. Get yourself a pair of sunglasses that block 99 to 100 percent of UV-A and UV-B rays. Then remember to wear them every time you are exposed to the sun!

*Source: The American Academy of Ophthalmology*



## Additional Risk Factors Associated with exposure to UV light

### You need to be especially careful in the sun if you:

- have lots of moles, irregular moles, or large moles
- have freckles and burn before tanning
- have fair skin or blond, red, or light brown hair
- were previously treated for skin cancer
- have a family history of skin cancer, especially melanoma
- live or vacation at high altitudes (UV radiation increases 4% to 5% for every 1,000 feet above sea level)
- live or vacation in tropical or subtropical climates
- work indoors all week and then get a tan on weekends
- spend a lot of time outdoors
- have certain autoimmune diseases, such as systemic lupus erythematosus (SLE, or "lupus")
- have had an organ transplant
- take medicines that lower your immunity
- take oral contraceptives (birth control pills)
- take tetracycline, sulfa drugs or certain other antibiotics
- take naproxen sodium or certain other nonsteroidal anti-inflammatory drugs
- take phenothiazines (major tranquilizers and anti-nausea drugs)
- take tricyclic antidepressants
- take thiazide diuretics (medicines used for high blood pressure and some heart conditions)
- take sulfonylureas (a form of oral anti-diabetic medication)

The **American Cancer Society** recommends that you ask your doctor, nurse, or pharmacist about the risk of any medicines you may be taking that could be harmful to you if you are exposed to sunlight.

*Source: American Cancer Society*



If You Can **SPOT** it  
You can **STOP** it!



Along with a yearly skin exam by a doctor, a *self-examination* of your skin once a month is the best way to detect the early warning signs of the three main types of skin cancer.

### \*\*Look for a new growth or any skin change

- Examine head and face, using one or both mirrors. Use blow dryer to search scalp.
- Check hands, including nails. In full-length mirror, examine elbows, arms and underarms.
- Focus on neck, chest, and torso. Women: Check under breasts.
- With back to the mirror, use hand mirror to inspect back of neck, shoulders, upper arms, back, buttocks, and legs.
- Sitting down, check legs and feet, including soles, heels, and nails. Use hand mirror to examine genitals.

*Source: Skin Cancer Foundation*



Present this coupon for

**\$1.00  
OFF**

**An ENTRÉE BOX SALAD**

Only VALID on JULY 25<sup>th</sup> and JULY 27<sup>th</sup>

2006

**NOTE:** ONLY one coupon per customer per day



**Wellness is more** than just physical health; the concept of wellness advocates a balanced approach to life.

The wellness model includes seven dimensions: **social**, **emotional**, **spiritual**, **environmental**, **occupational**, **intellectual**, and **physical**.

**PC Wellness** and the **Wellness Maricopa Team** encourage you to discover what wellness means in your life. Small changes through time mean strides closer to an enhanced quality of life and a healthier you!

**The Mission of Wellness Maricopa** is to empower our faculty and staff to make healthier lifestyle choices and informed healthcare decisions by providing comprehensive wellness opportunities through communication, education and screenings.

Check out the **Wellness Maricopa Website** at:

[www.wellness.maricopa.edu](http://www.wellness.maricopa.edu)



## Dimensions of Wellness



**Social Wellness** is the ability to relate to and connect with other people in our world.

**Emotional Wellness** is the ability to understand ourselves and cope with the challenges life can bring.

**Spiritual Wellness** is the ability to establish peace and harmony in our lives.

**Environmental Wellness** is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us.

**Occupational Wellness** is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives.

**Intellectual Wellness** is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.

**Physical Wellness** is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress.

# Enrich Your Intellectual Wellness

*All Employee*



## DAY OF LEARNING

### August 17th

**Brought To YOU by LTD**

Our fall All Employee Day of Learning is just around the corner! Mark your calendars for Thursday, August 17. Over 30 sessions will be offered from 9:00 a.m. to 7:00 p.m. There will be a broad range of learning opportunities. Something for everyone!

#### SOME OF THE TOPICS WILL BE:

- @ Your Syllabus: A Key to Success
- @ Prioritizing Daily Tasks
- @ Classroom Assessment Techniques
- @ Interlibrary Loan: Fast, Easy 24/7 Access to Requesting Articles, Books, and More from Around the World
- @ Turn Show and Tell into Digital Storytelling
- @ Setting Effective Goals
- @ How **NOT** to do PowerPoint
- @ Podcasting
- @ Exploring Comfort Levels
- @ Student Behavioral Issues
- @ Yoga, Self Defense, Cycling, Sizzle, Short Circuit
- @ And much more!

**WATCH YOUR EMAIL FOR MORE INFORMATION!**

## FITNESS/WELLNESS STAFF

### HEALTH ENHANCEMENT

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 Marty Minton, Department Secretary

 Contact Marty Minton on (602) 285-7295

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 George Holusha, Men's Locker Room Attendant

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## A RIDE FOR A CAUSE

### Portland to Portland Ride for Camp Courageous



Marty Welter, Health Enhancement Faculty and Fitness Center Coordinator, is fulfilling his goal! "It has been a goal of mine for the past 30 years to do a transcontinental bike ride since my cousin did it in 1976. In conjunction with my goal, I want to raise awareness for a cause."

Camp Courageous of Iowa is a unique camp that provides outdoor adventure and camping experiences for disabled adults and children. The camp is in Marty's hometown Monticello IA and was instrumental in his career choice of human services. The camp welcomes campers from all over the world and is solely funded by donations.

If you are interested in supporting Marty in his effort to raise money for Camp Courageous visit the following link:

[www.CampCourageous.org](http://www.CampCourageous.org)

You can donate an amount per mile or any donation would be appreciated, estimated travel is 3200 miles.

Thank you for your support!

-Marty Welter

## We want to hear from you!

Phoenix College is rich with outstanding resources and programs that we can all benefit from. The intent of this newsletter (“PC Pulse”) is to increase awareness about wellness, inform people about wellness related seminars, activities and events and feature articles from our extended network of talented and knowledgeable faculty and staff.

We also hope to share stories about your Department and the little things you do to enhance your work environment and promote team work.

To submit an article, please contact:

Paola Ball  
Fitness/Wellness Manager  
(602) 285-7160

Email: Paola.Ball@pccmail.maricopa.edu



## Wellness Hero



Each month, we want to recognize someone who demonstrates a commitment to wellness. This month **Donna Cole**, Administrative Assistant to the VP of Administrative Services, has been selected as the “Wellness Hero”.

Donna has been an inspiration to many people. After making a decision to lead a healthier lifestyle a few years ago, she received her first group fitness certification in 2001 followed by a Pilates certification in 2002, personal trainer in 2004 and most recently a certification in Body Pump.

In addition, Donna is an adjunct faculty member with the Health Enhancement Department and is an inspiration to her students and co-workers by encouraging a healthier lifestyle through diet, exercise and well being. Donna also never hesitates to share her healthy lunches and recipes with her co-workers. Congratulations Donna!



Donna Cole, Administrative Services

## Nominate a “Wellness Hero”!

Submit the person’s name and a brief description about how they demonstrate a commitment to employee or student wellness.

**Submission Deadline:** Thursday August 31st

We look forward to your  
submissions!