



## How to Do a Self-Check for Skin Cancer

Learning how to do a skin self-exam could save your life.



(HealthDay News) -- "Skin cancer is one of the few cancers you can see with the naked eye," said Dr. Ali Hendi, an assistant clinical professor of dermatology at Georgetown University Medical Center in Washington, D.C.

"Yet sadly, many people don't know how to be their own hero when it comes to skin cancer, including what to look for on their skin or when to see a board-certified dermatologist," he added in an American Academy of Dermatology news release.

Skin cancer is the most common cancer in the United States. One in five Americans develops skin cancer, and one person dies every hour from melanoma, the deadliest form of the disease.

To check your skin, use a full-length mirror to examine your entire body, front and back. Then, raise your arms and look at your right and left sides, Hendi said.

Bend your elbows and carefully check your forearms, underarms and palms. Look at the backs of your legs and feet, between your toes, and the soles of your feet. With nail polish removed, check your fingernails and toenails, as well.

Use a hand mirror to check the back of your neck and scalp, and part your hair for a closer look. Finally, check your back and buttocks with a hand mirror. Ask a partner to help check your back and other hard-to-see areas.

"While performing a skin self-exam, keep in mind that skin cancer can develop anywhere on the skin, not just in areas that are exposed to the sun," Hendi said.

"If you notice any new spots on your skin, scalp or nails, spots that look different from other spots on your body, or spots that are changing, itching or bleeding, make an appointment to see a board-certified dermatologist," he advised.

Hendi also explained the ABCDEs of checking for melanoma.

- **A is for Asymmetry:** One half of a spot is unlike the other half.
- **B is for Border:** The spot has an irregular, scalloped or poorly defined edge.
- **C is for Color:** Colors vary from one area of the spot to another, from shades of tan, brown or black, for instance, or areas of white, red or blue.
- **D is for Diameter:** When diagnosed, melanomas are usually larger than 6 millimeters (about the size of a pencil eraser), but can be smaller.
- **E is for Evolving:** The spot looks different or is changing in size, shape or color.

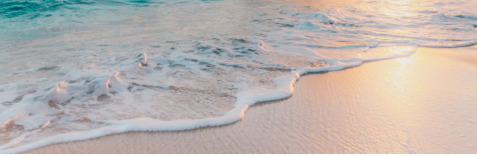
See a medical professional if you have any of these signs or notice an existing mole start to change in any way.

More information: The U.S. National Cancer Institute has more on skin cancer. <https://www.cancer.gov/types/skin>

-- Robert Preidt

SOURCE: American Academy of Dermatology, news release, May 2018

Copyright © 2018 HealthDay. All rights reserved.



## Mindfulness Training to Help With Weight Loss



(HealthDay News) -- If mindless eating can put on the pounds, it stands to reason that mindful eating can help with diet success.

In fact, studies show that “eating-focused” mindfulness can bring significant changes in weight, in how you approach food, and even in psychological

well-being. This makes it especially helpful for binge eaters, but it’s also good for anyone whose first reaction to stress or any uncomfortable emotion is to reach for food.

The goal of mindfulness is to help you develop a greater awareness of true hunger and the feeling of fullness, and to identify and work through the various triggers that lead to unnecessary eating.

One simple way to apply the principles of mindfulness is to keep an eating diary. Whether in a traditional journal or through a food tracking app, you want to write down not just what you’re eating but also why you’re eating -- are you hungry or just bored or stressed?

To delve deeper into the practice of mindful eating, your options range from books for self-starters to training through mindfulness-based weight loss programs with weekly group meetings. These meetings can include one or more forms of meditation as well as mindful-eating homework so you can put into action what you learn in class.

As with any technique designed to change behavior, the more effort you put in between sessions, the more you’ll get out of it.

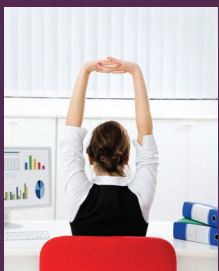
More information: Learn more about the principles of mindful eating from the Center for Mindful Eating. <https://www.thecenterformindfuleating.org/Principles-Mindful-Eating>

– Len Canter

Copyright © 2018 HealthDay. All rights reserved.



## Health Tip: Stay Fit at Work



(HealthDay News) -- Sitting for long hours at a desk can lead to poor posture, lower-back pain and increased risk for cardiovascular disease and diabetes.

The American Council on Exercise suggests how to combat the negative effects of too much sitting:

- Stand for a few minutes every hour to activate unused muscles.

- Sit on a stability ball for 30 minutes per day to work your core.
- Participate in walking meetings, which will improve your mood, concentration and blood flow.
- Take fitness breaks by performing wall push-ups, squats and calf raises throughout the day.
- Work out or take a walk during your lunch hour.
- Consider biking or walking to work.
- Practice yoga, monitored breathing or meditation to help reduce stress.

Copyright © 2018 HealthDay. All rights reserved.