

Telephone Directory

Customer Service

(941) 748-4501  
ext 6415 and ext 6417  
(941) 741-2960

Employee Health Benefits

(941) 748-4501 ext 6403

Member Advocacy

(941) 748-4501 ext 6407,  
ext 6409, and ext 6411

Lifestyle Assistance and  
Modification Program (LAMP)

(941)741-2995

Diabetes/Nutrition Program

(941) 748-4501 ext 6410

Communications Coordinator

(941)748-4501 ext 3964

Fitness/Exercise Programs

(941)748-4501 ext 3979

Prescription Solutions

(800) 797-9791

Precertification

(941) 741-2963

**May is National Melanoma/Skin Cancer Detection and Prevention Month**

**What is Melanoma?**

Melanoma is a type of skin cancer. It is rare, but it is also more serious than most other skin cancers. Melanomas can spread through the whole body and may cause death if not treated early. For that reason, it is very important to identify them early and prevent them from spreading. Check your skin often, using the **ABCDE** rule: Look for moles, bumps or growths that are:

- |  |                                       |
|--|---------------------------------------|
| <b>A:</b> Are <b>A</b> symmetric         | <b>D:</b> Have large <b>D</b> iameter |
| <b>B:</b> Have irregular <b>B</b> orders | <b>E:</b> Look <b>E</b> levated       |
| <b>C:</b> Change their <b>C</b> olor     |                                       |

Contact a doctor if you notice these on your skin. Skin screening is a Qualifying Event for Manatee's Best Plan.

There are several things you can do to help prevent melanoma. Increased exposure to UV rays from the sun and tanning beds can greatly increase the risk of getting melanoma. As a result, it is important to decrease UV exposure. To do this, avoid the sun between 10:00am and 4:00pm, wear sunscreen and protective clothing, such as wide-brimmed hats and long-sleeved shirts and pants when in the sun, and do not use tanning beds.

**3 Steps to Choose Sunscreen**

Always wear sunscreen to protect yourself against sunburn and reduce your risk for skin cancer. When choosing a sunscreen there are 3 things to think about:

**1. What ingredients should it contain?**

Sunscreens work 2 ways to stop the damaging effects of radiation – by blocking UV radiation and by absorbing the UV radiation before it gets to your skin.

Ingredients that block UV radiation include:

- Zinc oxide
- Titanium dioxide

Ingredients that absorb UV radiation include:

- Avobenzone
- Mexoryl SX
- Octylmethoxycinnate

Choose a sunscreen with a combination of blockers and absorbers.

**2. How easily do you sunburn?**

This determines the level of SPF (Sun Protection Factor) you need. SPF measures how well the sunscreen protects you from UV radiation. Everyone should use a sunscreen with an SPF of at least 15. If you burn easily, pick one with a higher SPF, between 15 and 30. Finally, if you are highly sensitive and burn very easily, pick a sunscreen with an SPF of 30 or higher.

**3. What activities will you be doing while in the sun?**

Will you be in the water or will you be sweating a lot? These activities can cause the sunscreen to wear off, leaving you exposed to the sun. There are both water resistant and waterproof sunscreens.

- If you choose a water resistant sunscreen, reapply it after 40 minutes in the water.
- If you choose a waterproof sunscreen, reapply after 80 minutes in the water.

For help choosing the best sunscreen for you, ask your doctor or pharmacist. To save money on sunscreen, look for low cost products and read the back of the bottle – many contain similar ingredients. If you find two products with the ingredients and SPF you need, choose the less expensive product!



# Medicine Cabinet Alert!

## Drugs and Sun

Have you ever noticed a warning label on one of your prescription bottles that said “Avoid excessive exposure to the sun”? Some medications can cause serious skin reactions when the person taking them is exposed to sunlight. This reaction, called photosensitivity, can cause skin damage that looks like a bad sunburn. The table below shows a list of some of the most common medications that cause photosensitivity.

| Brand Name      | Generic Name                  | Used For             |
|-----------------|-------------------------------|----------------------|
| Vibramycin      | Doxycycline                   | Bacterial Infections |
| Cipro           | Ciprofloxacin                 | Bacterial Infections |
| Bactrim         | Trimethoprim/Sulfamethoxazole | Bacterial Infections |
| Motrin or Advil | Ibuprofen                     | Pain & inflammation  |
| Lasix           | Furosemide                    | High blood pressure  |
| Microzide       | Hydrochlorothiazide           | High blood pressure  |
| Cardizem        | Diltiazem                     | High blood pressure  |
| Vasotec         | Enalapril                     | High blood pressure  |
| Accutane        | Isotretinoin                  | Acne                 |
| Glucotrol       | Glipizide                     | Diabetes             |
| Sporanox        | Itraconazole                  | Fungal Infections    |
| Birth control   | Various                       | Contraception        |

\*Note: This is NOT a complete list; other medications may also cause photosensitivity. Ask your doctor or pharmacist if any of your medications can also cause this kind of reaction.

If you currently use one of these medications, talk with your doctor or pharmacist about ways to protect yourself and to see if another medication may be a better choice for you. Do not stop taking a prescription medication without talking with your doctor first.

## Manatee Skin Cancer Lunch n Learn

To learn more about skin cancer, including melanoma, come to Manatee’s Skin Cancer Lunch n Learn program, conducted by Dr. Fernandez. In fact, we’ll come to you! The Skin Cancer Lunch n Learn will be held at worksites on Tuesdays from 12-1pm. Each worksite will have the Lunch n Learn on a different date, as follows:

- May 5th - Public Works - Large Conference Room
- May 12th - Manatee County Building - Manatee Room
- May 19th - Port Authority
- May 26th - MSO Desoto Center



The program is free. Lunch will be provided but registration is a **must!** To register, call Beth Palumbo at x 6412.

For more information about skin cancer and melanoma, visit the American Academy of Dermatology’s website at <http://www.aad.org/public/index.html>.

## Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions—only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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