

July 2018

# Church Partnerships News

## Foundations of Faith Community Nursing Course

Link spirituality with your nursing profession

- ▶ August 20 – October 19, 2018
- ▶ Weekly online course work with 3 in-person classes
- ▶ In-person classes: Fridays, September 7, October 5, and October 19 at Mount Carmel College of Nursing.
- ▶ 38 contact hours
- ▶ \$295; reduced rate of \$250 for Mount Carmel colleagues, alumni, and congregational partners.
- ▶ Enroll by August 10, 2018
- ▶ For more information contact Kate Whitman, Mount Carmel Church Partnerships, [kwhitman@mchs.com](mailto:kwhitman@mchs.com) or 614-546-4062

Mount Carmel College of Nursing is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) (OH-268, 11/1/2018). Course expires 10/2018.



## Skin Cancer

Skin cancer is the most common form of cancer in the United States. It is estimated that 1 in 5 Americans will develop skin cancer in their lifetime. **Anyone can get skin cancer**, but it is more common in people who:



- Spend a lot of time in the sun or have been sunburned
- Have light-colored skin, hair and eyes
- Have a family member with skin cancer
- Are over age 50

You should have your doctor check any suspicious skin markings and any changes in the way your skin looks. Treatment is more likely to work well when cancer is found early. If not treated, some types of skin cancer cells can spread to other tissues and organs. Treatments include surgery, radiation therapy, chemotherapy, photodynamic therapy (PDT), and biologic therapy. PDT uses a drug and a type of laser light to kill cancer cells. Biologic therapy boosts your body's own ability to fight cancer.

Resource: <https://medlineplus.gov/skincancer.html>

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## Types of Skin Cancer

Actinic Keratoses (AK) *dry, scaly patches or spots are precancerous growths*

- People who get AKs usually have fair skin.
- Most people see their first AKs after 40 years of age because AKs tend to develop after years of sun exposure.
- AKs usually form on the skin that gets lots of sun exposure, such as the head, neck, hands, and forearms.
- Because an AK can progress to a type of skin cancer called squamous cell carcinoma (SCC), treatment is important.



Basal cell carcinoma (BCC) *the most common type of skin cancer*

- BCCs frequently develop in people who have fair skin, yet they can occur in people with darker skin.
- BCCs look like a flesh-colored, pearl-like bump or a pinkish patch of skin.
- BCCs develop after years of frequent sun exposure or indoor tanning.
- BCC are common on the head, neck, and arms, yet can form anywhere on the body, including the chest, abdomen, and legs.
- Early diagnosis and treatment for BCC is important. BCC can invade the surrounding tissue and grow into the nerves and bones, causing damage and disfigurement.



Squamous cell carcinoma (SCC) *the second most common type of skin cancer*

- People who have light skin are most likely to develop SCC, yet they can develop in darker-skinned people.
- SCC often looks like a red firm bump, scaly patch, or a sore that heals and then re-opens.
- SCC tend to form on skin that gets frequent sun exposure, such as the rim of the ear, face, neck, arms, chest, and back. SCC can grow deep in the skin and cause damage and disfigurement. Early diagnosis and treatment can prevent this and stop SCC from spreading to other areas of the body.



Melanoma *the deadliest form of skin cancer*

- Melanoma frequently develops in a mole or suddenly appears as a new dark spot on the skin.
- Early diagnosis and treatment are crucial.
- Knowing the **ABCDE warning signs of melanoma** can help you find an early melanoma.



Resources:

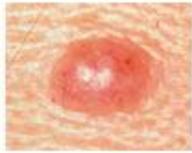
<https://www.skincancer.org/skin-cancer-information>

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/types-of-skin-cancer>



## The ABCDE Warning Signs of Melanoma

Moles, brown spots and growths on the skin are usually harmless — but not always. Anyone who has more than 100 moles is at greater risk for melanoma. The first signs can appear in one or more atypical moles. That's why it's so important to get to know your skin very well and to recognize any changes in the moles on your body. Look for the ABCDE signs of melanoma, and if you see one or more, make an appointment with a physician immediately.



**BENIGN**



**MALIGNANT**

### A - Asymmetry

The benign mole, left, is not asymmetrical. If you draw a line through the middle, the two sides will match, meaning it is **symmetrical**. If you draw a line through the mole on the right, the two halves will not match, meaning it is **asymmetrical**, a warning sign for melanoma.



**BENIGN**



**MALIGNANT**

### B - Border

A benign mole has smooth, even **borders**, unlike melanomas. The **borders** of an early melanoma tend to be uneven. The edges may be scalloped or notched.



**BENIGN**



**MALIGNANT**

### C - Color

Most benign moles are all one **color** — often a single shade of brown. Having a variety of **colors** is another warning signal. A number of different shades of brown, tan or black could appear. A melanoma may also become red, white or blue.



**BENIGN**



**MALIGNANT**

**D - Diameter** Benign moles usually have a **smaller diameter** than malignant ones. Melanomas usually are larger in **diameter** than the eraser on your pencil tip ( $\frac{1}{4}$  inch or 6mm), but they may sometimes be smaller when first detected.



### E - Evolving

Common, benign moles **look the same** over time. Be on the alert when a mole starts to **evolve or change** in any way. When a mole is **evolving**, see a doctor. Any change — in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting — points to danger.

Resource: <https://www.skincancer.org/skin-cancer-information/melanoma>



## Preventing Skin Cancer

Since 1979, The Skin Cancer Foundation has always recommended using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however. Read the full list of skin cancer prevention tips:

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not burn.**
- **Avoid tanning and UV tanning beds.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.



Your body front and back in the mirror, then look at the right and left sides with your arms raised.



Bend elbows and look carefully at forearms, underarms, and palms.



The backs of your legs and feet, the spaces between your toes, and the soles of your feet.



The back of your neck and scalp with a hand mirror. Part hair for a closer look.



Your back and buttocks with a hand mirror.

- **See your physician every year** for a professional skin exam.

<https://www.skincancer.org/prevention/sun-protection/prevention-guidelines>





## Sampling of skin cancer resources available through Mount Carmel Church Partnerships

## Congregational Happenings



**Congratulations to Lee Ann Strait (Stonybrook United Methodist Church) for completing your Doctorate of Nursing Practice (DNP)! We are so thrilled for you DR. STRAIT !!**

*\*\* Remember to submit photos for "Congregational Happenings" to [marcia.cronin@mchs.com](mailto:marcia.cronin@mchs.com)*



## Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

### Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Advent United Church of Christ  
Brookwood Presbyterian Church  
Christ United Methodist Church  
Clair United Methodist Church  
First Church of God  
Fruit of the Spirit Seventh Day Adventist  
Grace Missionary Baptist Church  
Hilltop Comm. Worship Center SDA  
Love Zion Baptist Church  
Mount Hermon Baptist Church  
New Fellowship Baptist Church  
Redeemer Lutheran Church  
Resurrection Missionary Baptist Church  
St. Andrew Episcopal Church  
St. Paul A.M.E. Church, Columbus  
Second Community Church  
Tabernacle Missionary Baptist Church  
Unity Baptist Church  
Wesley Church of Hope

Briggs Road Baptist Church  
Christ Memorial Missionary Baptist Church  
Church of Christ of the Apostolic Faith  
Ephesus Seventh Day Adventist Church  
First Presbyterian Church  
Good Shepherd Baptist Church  
Harlem Road United Methodist Church  
In His Presence  
Mifflin Presbyterian Church  
Mount Olivet Missionary Baptist Church  
New Mt. Sinai Church of God in Christ  
Refuge Missionary Baptist Church  
Reynoldsburg United Methodist Church  
St. Augustine and Gabriel Catholic Church  
St. Peter Catholic Church  
Stonybrook United Methodist Church  
United Methodist Church for All People  
Vineyard Christian Fellowship – Grove City

### Partnering Community Agencies

Catholic Diocese Office for Social Concerns  
Catholic Social Services  
The Martin de Porres Center  
Westerville Area Resource Ministries (W.A.R.M.)  
Ohio Living

