

CCP Wellness News

July 2010

CCP Wellness Committee:

Our Mission
Is to educate
and support all
employees to
understand and
achieve a
balanced and
healthy
lifestyle.

Our Vision
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and wellness for
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Back by Popular Demand!

Marjorie Ames will lead us on a
beginners level ***Yoga Exercise*** on
Thursday, July 29th, 10am-11am.

The event will take place outdoors at Iris Park
(across the street from CCP - Iris Park Place
1885 University Ave, St. Paul, MN 55104)

All CCP staff are invited to participate!

Feel free to bring your yoga mat, however, mats are not required.

Participants may enter to win a Free Yoga Mat!

Participation is voluntary.



Recipe of the Month: **The Santa Fe Burrito**

Prep time: 4 minutes

2 eggs

1 c Santa Fe frozen mixed vegetables (black beans,
peppers, and corn)

1 flour tortilla

1/2 c low-fat shredded Cheddar cheese

1/4 c salsa

Mix the eggs and vegetables and spread the mixture on a plate coated with nonstick spray. Cook in the microwave for 1 minute, stir with a fork, and microwave again until the eggs are cooked and the vegetables warm. Pile onto a flour tortilla, top with shredded Cheddar cheese and salsa, fold, and eat.



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“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”

-World Health Organization, 1948

Skin Cancer Awareness

Did you know your skin is the biggest organ in (or should I say on) your body. That would only make sense that skin cancer is one of the most common forms of cancer. Skin cancer is slow growing and easy to recognize. When detected early, skin cancer can be relatively easy to treat. There are 2 types of skin cancer: Non-melanoma, which is the outer layer skin that covers the internal/ external surfaces (i.e. face, ears, hands, ect). The other form of skin cancer, which is much more serious if not detected in its early stage and accounts for 4% of all skin cancer, is called Melanoma. Melanoma affects the area of the skin that produces the skins color. Melanoma causes about 73% of all skin cancer deaths.

Skin cancer is most commonly caused by over exposure to the sun and the ultra-violet rays it produces. Experiencing overexposure to the sun or get sun burnt can cause damage to skin and the cells that produce healthy skin. Once skin cells have been damaged severely enough you cells may begin to grow uncontrolled and disorderly in the way of cancer cells. This can also make the skin look prematurely old and wrinkly. Skin cancer can be hereditary. This is caused by an abnormal gene that is passed down from parents to children.

Most common symptoms of skin cancer include: a new growth on the skin, a change in an existing growth on the skin and/ or a sore that doesn't heal. Examples of growths include moles, birthmarks, wart like growths, skin tags, cherry angionas, ect. It is important to remember that just because you may have one or more of these types of growths on your skin does not mean you have cancer. If one of these growths changes, you may want to consult a doctor.

Skin cancer is easy to prevent. Prevention during childhood is key and practicing and continuing into your adult life.

- Avoid being staying in the sun between 10a-4p. This is when the UV rays from the sun are the strongest.
- Avoid direct sunlight and sunlight reflected from water, sand and snow (yes, you can get burnt in the winter)
- Wear hats to block the sun and light long sleeved shirts
- Wear sun block and apply as instructed on the label
- Use sun block that is “Broad Spectrum”

If you are related to someone who has had a form of skin cancer it may make you more vulnerable to the sun's ultraviolet rays. You may have inherited a damaged gene. For you, preventative measures and regular skin exams can be very important.

