

What's Inside?

Skin Cancer –
Prevention &
Protection

Summer Safety

Summer Solstice

Helpful Websites

The diagnosis of cancer almost always requires an examination of a tissue sample from an abnormal area (biopsy).

Examining this tissue can confirm whether or not cancer is present and also what type of cancer it is.

Skin Cancer Facts

Melanomas are lesions that usually look different from other moles.

A new growth or any skin change, looking for the **ABCD**'s of melanoma: Asymmetry, Border irregularity, Colour change, and a Diameter greater than 5mm. Most people have freckles, birthmarks, or moles, but any irregularities or a change in the shape, edge, colour or size can be warning signs of skin cancer – if detected, see your doctor promptly:

Asymmetry	Common moles are round and symmetrical. Most early melanomas are asymmetrical. If a line divided through the middle of your mole doesn't create equal halves then ask your doctor to have a look.
Border irregularity	Common moles have fairly smooth and even borders. Most early melanomas have borders that are often uneven and may have rough edges.
Color change	Common moles usually are a single shade of brown. Varied shades of brown, tan or black are often the first sign of melanoma. As melanomas progress, the colors red, white and blue may appear.
Diameter >5mm	Early melanomas tend to grow larger than common moles -- generally to at least the size of a pencil eraser (about 6mm, or 1/4 inch, in diameter). Melanomas can be diagnosed at sizes much smaller than this - the smaller the melanoma when diagnosed, the better. Lesions under 7mm have a low risk of recurrence if removed.



Basal cell carcinomas are usually:

- a single, small, and firm lesion
- dome shaped and flesh-coloured
- raised at the edges
- pearly or milky white bordered
- covered with blood vessels - easily seen over the top and around the tumour
- may look like a pimple that won't heal - ulcerated and bleeding at the centre

Self Examination!!

Skin cancer can take 20 years or more to develop. Many forms grow slowly, but some melanomas may grow quickly. If found in the early stages it's very treatable, and the way to find it early is by doing a self-exam every three to six months. 10 minutes could save your life.

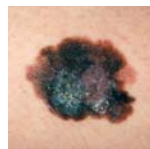
Examine your head and face using one or two mirrors. Move your hair to examine your scalp. Have a look at your hands, including your nails. Check your elbows, arms and underarms. Look closely on your neck, chest and torso – check under your breasts if you are a woman. Using a second mirror examine the back of your neck and shoulders, as well as your upper arms, legs, back, and behind. Sit down and examine your lower legs and feet, including nails, heels, and soles. Use a small mirror to check your genitals. This should take no more than 5 or 10 minutes.

To promote and maintain the highest degree of physical, mental, and social well-being of General Motors Windsor Transmission Plant employees.



The signs and symptoms of **squamous cell carcinoma** are reddened, scaly or plaque-like areas that:

- are slightly elevated
- can develop an ulcer
- change over time into a hard pale pink to white nodule
- can develop a scaly crust or a wart-like surface
- arise from old scars, change colour, begin to bleed, ulcerate, drain, or become painful
- commonly appear on face, ears, neck, forearms, backs of hands, and legs



Melanoma is a form of skin cancer that arises from melanocytes - the cells that produce pigment. Melanoma may begin in association with a mole. Melanocytes produce a pigment called melanin that gives the skin its colour and protects it from sun damage. Darker skin has more melanin and more protection. Melanocytes often cluster together and form moles (nevi). Most moles are benign, but some may go on to become malignant melanomas.

Melanomas are divided into 4 main types, depending on their location, shape and whether they grow outward or downward into the dermis:

Superficial Spreading Melanoma This often begins as a flat dark stain on the skin or appears as a change to a pre-existing mole. It accounts for 2/3 of all melanomas.

Nodular Melanoma This is usually unrelated to a pre-existing mole. A smooth nodule appears, and it is often blue-black in colour – it may grow rapidly and spread to the lymph glands quickly.

Acral Lentiginous Melanomas This occurs on the palms of the hand, on the soles of the feet or under nail beds, and can grow and spread quickly. In dark-skinned people it accounts for most of melanomas.

Lentigo Malignant Melanoma This is quite common on chronically sun-exposed skin and usually appears on the face of elderly people

Facts about Sunscreen

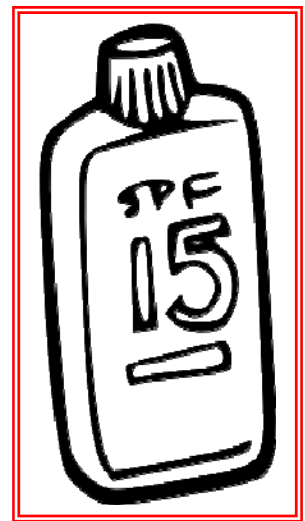
The average user of sunscreen **tends to use significantly less sunscreen than the amount required** to achieve the SPF listed on the container.

As molecules of sunscreen are present in their active state in the sunscreen, **sunscreens work immediately upon application**. The only reason for application early is to allow absorption into the skin so that the sunscreen is less likely to be washed off, should the person be entering the water. Even so, modern sunscreens are quite resistant to removal from the skin.

SPF is the ratio of the minimal ultraviolet dose required to produce redness with and without a sunscreen. For example, if it took ½ hour for your skin to become sunburned without any sunscreen, then for a sunscreen that has a **15 SPF** rating, you could stay in the sun for **15 times longer** (or 7.5 hours) **before you get sunburned**. This is provided, of course, that you've applied the sunscreen properly so that you're getting the prescribed protection.

There is **clear evidence** that sunscreens are helpful in preventing actinic keratoses, which are warty lesions that can occur on sun-exposed skin of the face or hands. Research has shown that **these lesions can develop into a cancer called squamous cell carcinoma**, and that this is linked to a cumulative exposure to the sun.

However, there is surprisingly little evidence that sunscreens have much effect in preventing another kind of skin cancer called basal cell carcinoma, or for malignant melanoma. For malignant melanoma and for basal cell carcinoma, the character and timing, that is, the type of sunlight and your age at the time of the exposure to the sun appears to be more important than the cumulative dose.



Many people consider skin cancer to be only a minor health concern, and for the most part, this is true. However, in North America today, **someone dies from skin cancer every hour**. This is truly unfortunate, because most skin cancers are preventable or at least curable when detected at an early stage.

With early detection and treatment, non-melanoma skin cancers - basal cell and squamous cell carcinoma - can be cured in over **99%** of cases. So, by taking basic steps to protect your skin, **you can prevent this most common form of cancer from developing** into a serious and deadly disease.

To promote and maintain the highest degree of physical, mental, and social well-being of General Motors Windsor Transmission Plant employees.



BBQ season is here!!!



Barbeque season has begun and we would like to remind you of steps to take to avoid food borne illness from *E. coli* bacteria from ground beef.

Eating undercooked ground beef can result in a type of food borne illness commonly called hamburger disease, caused by *E. coli* bacteria. Symptoms can include severe stomach cramps, vomiting, fever and diarrhea. Hamburger disease can be avoided by handling and cooking raw ground beef carefully.

Before you grill:

When at the grocery store, be sure to keep raw meat separate from other products. Put packages of raw meat in separate plastic bags to keep meat juices from leaking onto other foods.

Wash your hands thoroughly before and after handling any raw food, especially raw meat, poultry and seafood.

Make your hamburger patties thin so that they will easily cook all the way through.

Keep raw hamburger meat away from other hamburger fixings, such as lettuce, tomato, cheese and condiments.

Use hot, soapy water to clean all surfaces that come into contact with raw meat.

When you cook:

Your beef hamburger (fresh or frozen) is done when its internal temperature reaches 71°C (160°F). Recommended internal temperatures for other types of hamburgers may be higher.

Colour alone is not a reliable indicator that a hamburger is safe to eat. Hamburgers can turn brown before all bacteria are killed, so use a digital food thermometer to be sure.

To check the temperature of a beef hamburger, take the patty from the grill and insert the digital food thermometer through the side, all the way to the middle of the patty. If you're cooking more than one patty, be sure to check the temperature of all the hamburgers.

Use clean utensils and plates when removing cooked meats from the grill.

Remember to wash the thermometer in hot, soapy water between temperature readings.

It is estimated that there are as many as **13 million cases of food-related illnesses** in Canada every year. Many of these illnesses could be prevented by following proper food handling and preparation techniques.

Summer Safety Tips

Summertime is a great time to be outside. It's sunny and hot, and the kids are out of school. Whether you choose to stay in the backyard or take the boat out for a ski trip, staying healthy is easy. Take some precautions to make sure your summer is as safe as it is fun.

Insect Bites

Insects and spiders are capable of causing very painful reactions. Bites and stings can be dangerous, but are rarely fatal, unless there is an allergy. The reality, however, is that most bites are from unidentified bugs

Call 911 if the person is having a severe reaction:

Trouble breathing, wheezing, shortness of breath
Swelling anywhere on the face
Throat feels tight
Feeling weak
Turning blue

If the victim has any involuntary muscle movements, **call 911 immediately.**

Try to identify the bug. If the bug is dead, scoop it up and take it with you to the emergency department. Be careful, even dead bugs have venom.

Spiders like damp, dark areas the best. Be aware around wood piles, attics, and cellars. The two common North American poisonous spiders are the [black widow](#) and the [brown recluse](#).



The brown recluse spider is about 1 cm (about 0.4 in) long and has six eyes. It spins a sheet web that may be found in secluded areas among rocks or in houses. The bite causes a long-lasting sore that involves tissue death, and severe reactions to it may become life-threatening.



They spin irregular webs in crevices and other dark, protected spots. The fully grown female of the familiar North American species is about 1.2 cm (about 0.5 in) long and is jet black, with an hourglass-shaped red mark on the underside of the abdomen. The female's bite, poisonous to humans, is followed by local pain and swelling, nausea, and difficulty in breathing and is sometimes fatal. The venom, a neurotoxin, generally affects children more severely than adults. The spider, however, is not aggressive and bites humans only defensively.

General steps for most bites and stings

General steps for most bites and stings:

1. Remove the stinger if still present by scraping the back of a credit card or other straight-edged object across the stinger. Do not use tweezers -- these may squeeze the venom sac and increase the amount of venom released.
2. Wash the site thoroughly with soap and water.
3. Place ice (wrapped in a washcloth) on the site of the sting for 10 minutes and then off for 10 minutes. Repeat this process.
4. If necessary, take an antihistamine or apply creams that reduce itching.
5. Over the next several days, watch for signs of infection (such as increasing redness, swelling, or pain).

Tips on Prevention

- Avoid provoking insects whenever possible.
- Avoid rapid, jerky movements around insect hives or nests.
- Avoid perfumes and floral-patterned or dark clothing.
- Use appropriate insect repellants and protective clothing.
- Use caution when eating outdoors, especially with sweetened beverages or in areas around garbage cans, which often attract bees.
- For those who have a serious allergy to insect bites or stings, carry an emergency epinephrine kit (which requires a prescription). Friends and family should be taught how to use it if you have a reaction. Wear a medical ID bracelet.





Water Safety



To help you stay safe in and around bodies of water, here are some safety tips to follow when fishing, boating, or just soaking it in:

- Learn to swim. Knowing how to swim is empowering and helps to keep you safe from inadvertent dips as much as it is *fun*.
- *Never swim in irrigation or drainage canals!* Canals have strong currents that can trap swimmers and hold them under water. Canal water often contains pesticides or fertilizers that can cause reactions in swimmers.
- Know your or your child's abilities. Don't try to swim in water over chest deep if you aren't able to. If you can't swim, keep your feet on the ground.
- Follow the rules. If you are swimming in an area designated for swimming, follow the posted rules. If there are no rules posted, it may not be a safe area to swim.
- Try to swim in supervised areas with lifeguards on duty.
- Make the family's rules based on swimming ability - those who can swim better get more freedom.
- Look for the dangerous "too's" - too tired, too drunk, too much sun, too far from safety, too much strenuous activity.
- Know the area you swim in, the shallows and the hazards.
- Only dive when the area is clear and deep enough. If you are unsure of the area, always enter the water feet first (jump or walk in).
- Stay sober. Alcohol and drugs affect balance, judgment, coordination, swimming skills, and the body's ability to stay warm.
- **Learn CPR**



West Nile – Fight the Bite!



While the risk of West Nile virus infection is low the consequences can be high, the risk of serious illness associated with infection increases with age. The best way to reduce the risk of infection is to avoid mosquito bites. You can enjoy outdoor activities – just follow some simple steps to Fight the Bite.

Personal Protection

- Consider staying indoors at dawn and dusk, which are peak mosquito biting periods.
- Use a mosquito repellent containing DEET on clothing and exposed skin
- Wear long-sleeved shirts and pants in the evening and at dawn.

Safety Tips for Using Insect Repellents

- Always read the product label carefully and use according to instructions.
- Apply repellent sparingly on exposed skin and on top of clothing. It is not necessary to use under treated clothing. Heavy application is unnecessary for protection. Repeat application only as needed.
- If you get repellent in your eyes, rinse immediately with water. Do not use on open wounds, or if skin is irritated or sunburned.
- Use spray repellents only in well-ventilated areas, and avoid inhaling spray. Do not use near food.
- Wash treated skin with soap and water when you return indoors.
- In case of skin irritation, stop using the product immediately, wash treated skin and seek medical attention. In case of accidental poisoning, call the Alberta Poison Control Centre at 1-800-332-1414. Take the container with you when you seek medical attention
-

Repellents containing DEET

Insect repellents containing higher DEET concentration do not provide better protection, but they do **last longer**. Examples of protection times based on DEET concentration are as follows:

- 30 per cent DEET = 6 hours of protection
- 15 per cent DEET = 5 hours
- 10 per cent DEET = 3 hours
- 5 per cent DEET = 2 hours

Around the House, Yard and While Gardening

- Make sure that there is no standing water in your yard where mosquitoes can lay their eggs.
- Look for any place where water can collect. Get rid of junk piles and old tires. Clean or empty plugged eaves troughs and any containers where rainwater can collect.
- Repair window and door screens so that mosquitoes cannot get indoors.
- Avoid excessive lawn and garden watering. Save water – and keep mosquitoes down.

Be careful with birdbaths and ornamental ponds – they are an attractive spot for mosquitoes to lay their eggs. Empty and refill birdbaths weekly, and aerate ponds.

Summer Solstice

June 20th - 22nd, 2008

Take advantage of the longest days of the year and BE ACTIVE!

Do some extra walking or biking

Use the stairs instead of elevators

Go to the gym, take a swim or go golfing

Being physically active on a daily basis is the most important thing that can be done to prevent or control diseases and illnesses.



Physical inactivity is a risk factor for a number of diseases including Coronary Heart Disease, stroke, colon cancer, type II diabetes, hypertension, and mental health problems. It is estimated that 37% of coronary heart disease can be attributed to physical inactivity. In addition, physical inactivity may be responsible for up to a threefold increase in the risk of stroke

Helpful Websites

National Health & Wellness

www.motoringtowellness.com

The Windsor-Essex Health Gateway

<http://209.202.75.197/outside/health-gateway/newdefault.asp>

The College of Physicians & Surgeons

www.cpsso.on.ca

The Essex County Medical Society

www.ecms.org/G1544.HTM

**GENERAL MOTORS
WINDSOR TRANSMISSION
1550 Kildare Rd.
Windsor, ON N8W 5M1
www.motoringtowellness.com**