



Be Sun Safe This Summer

Did you know that there are more cases of skin cancer each year than cases of breast, colon, lung, and prostate cancer combined? One in five Americans will develop skin cancer at some point in their life. That adds up to more than one million people getting skin cancer annually.

Melanoma, the most serious form of skin cancer, is also one of the fastest growing types of cancer in the United States. Many dermatologists believe there may be a link between childhood sunburns and melanoma later in life. Melanoma cases in this country have more than doubled in the past two decades, and the rise is expected to continue.

Skin cancer is largely preventable, and there are some simple steps you can take to reduce your risk.

Limit Time in the Midday Sun

The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.

Seek Shade

Staying under cover is one of the best ways to protect yourself from the sun. Remember the shadow rule: "Watch Your Shadow – No Shadow, Seek Shade!"



Courtesy Wikimedia Commons

As little as two hours in the sun without protection can cause a moderate to severe sunburn

Always Use Sunscreen

A broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 blocks most UV radiation. Apply sunscreen liberally on exposed skin and reapply every two hours when working or playing outdoors. Even waterproof sunscreen can come off when you towel off sweat or water.

Wear a Hat

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back of your neck – areas particularly prone to overexposure to the sun.

Sun safety education is also important. To help our community learn more about the consequences of excessive sun exposure, the health education team at the St. Charles County Department of Community Health and the Environment is now offering a free Sun Safety presentation to schools and community groups.

The presentation includes information on how the sun affects the body, the consequences of overexposure, and tips for protecting yourself from UV radiation. To schedule a presentation, call (636) 949-7413 or e-mail hmilam@sccmo.org.

From the Director



Cameron Satterfield

This month's From the Director is by Cameron Satterfield, Public Information Officer

Whether you are a beginner or an expert "green thumb," backyard gardening can be one of the most enjoyable (and tastiest!) ways to enjoy the summer months. However, you should keep your health and safety in mind as you head out to your garden.

Gardening can be a great way to get physical activity, beautify your neighborhood, and "go green." But, it can also expose you to harmful elements like UV radiation from the sun, stinging insects, lawn and garden chemicals, and motorized equipment. Here are some health and safety tips for backyard farmers to follow while still enjoying the beauty and bounty that gardening can bring.

Wear protective clothing. You can prevent exposure to the sun, chemicals, and insects by wearing the right gear. If you are using lawn and garden tools, wear safety equipment.

To continue reading this article, click on [From the Director](#)



Youth: Be Active and Play!

Adapted from CDC

Young people gain physical and mental health benefits when they participate in regular physical activity. Unfortunately, many children and adolescents do not participate in physical activity for 60 minutes or more each day, as recommended by the 2008 Physical Activity Guidelines for Americans. However, schools, families, and communities can help youth be physically active and stay active throughout their lives.



Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. Positive experiences with physical activity at a young age also help lay the basis for being physically active throughout life.

In 2007, only 17% of high school students participated in at least 60 minutes of physical activity each day, and only 30% attended physical education class daily. During nonschool

hours, 62% of children aged 9-13 years do not participate in any organized physical activity and 23% do not engage in any free-time physical activity. Participation in physical activity declines as children age. Support from friends and

family and safe, convenient access to play spaces can positively influence physical activity involvement among youth. Additionally, health, education and industry leaders can help increase youth physical activity by following the [U.S. National Physical Activity Plan](#), which is designed to create an environment in which all Americans, including youth, can be physically active where they live, work, and play.

Schools, families, and communities can play an important role in helping children and adolescents be physically active:

- Schools can establish policies that provide diverse opportunities for students to be physically active, such as required daily physical education and recess.
- Parents can model positive physical activity behaviors by leading an active lifestyle and making “family time” physical activity time.
- Families can limit “screen time” (i.e., time watching TV, playing video games, or using the computer).
- Communities can conduct community-wide physical activity campaigns.
- Communities can help people find places where they can be physically active (i.e. parks, playgrounds, athletic fields).
- Families and communities can work with schools to increase youth physical activity.

Helpful Phone Numbers

Division of Public Health	(636) 949-7400	WIC	(636) 949-7402
Immunizations	(636) 949-1857	Recycle Works Central	(636) 949-7900, ext. 4267
Vital Records	(636) 949-7558	Recycle Works West	(636) 949-7900, ext. 4271
Health Education and STD Clinic	(636) 949-7401	Division of Humane Services	
Division of Environmental Health and Protection	(636) 949-1800	Pet Adoption Center	(636) 949-7387
		Animal Control	(636) 949-7347

Recycle Works Now Accepts Styrofoam

Both St. Charles County Recycle Works centers are now accepting polystyrene foam, commonly called Styrofoam, for recycling.

The division is able to offer this free service with the help of EPC, Inc., the largest professional electronics recycler in Missouri. EPC received a grant from the St. Louis-Jefferson Solid Waste Management District to purchase a machine that compresses the foam into bricks that are one-sixteenth the size of the original material. The compressed foam will then be resold to manufacturers.

Styrofoam presents a special problem in landfills. The material is more than 98 percent air, thus taking up a large amount of space. It can take decades for a 25-pound brick of foam to break down in a landfill. Additionally, if Styrofoam comes in contact with anything acidic, even lemon juice, it is reduced to styrene, a known neurotoxin and carcinogen.

“By accepting polystyrene foam at our recycling centers, we are not only extending the life of our landfills, but we are also helping to keep toxic chemicals out of our environment,” said Pieter Sheehan, director of the Division of Environmental Health and Protection.

All types of polystyrene foam are accepted for recycling, including packing “peanuts,” coffee cups, and food containers. All material must be clean and free of food residue.

In addition to Styrofoam, both Recycle Works facilities continue to accept a wide range of other recyclables. For a list of accepted materials, call (636) 949-7415 or visit www.scchealth.org/es. Recycle Works Central is located at 60 Triad South Drive in St. Charles. Recycle Works West is located at 2110 E. Pitman Avenue in Wentzville. Both centers are open from 8:30 a.m. to 4:30 p.m. Monday through Saturday.

Prevent Animal Bites



Each year, more than 450 people are bitten by animals in St. Charles County. Most bite victims are children, and most bites are in the face, head, and neck. Animal bites can be serious, even deadly. They also present a risk of disease transmission.

Fortunately, there are some strategies you can use to reduce the risk of being bitten.

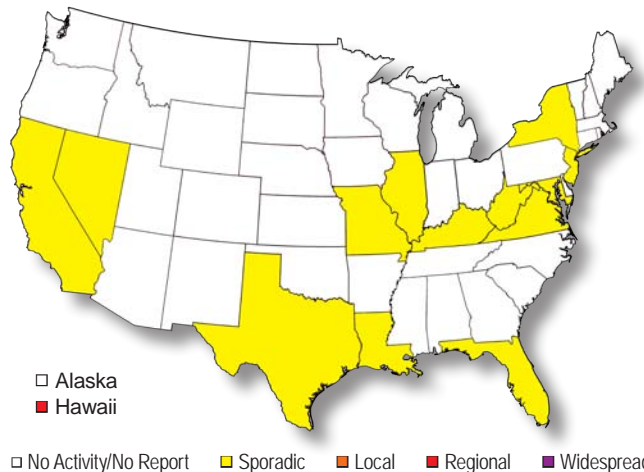
- Don't run past a dog. The dog's natural instinct is to chase and catch prey.
- If a dog threatens you, don't scream. Avoid eye contact. Try to remain motionless until the dog leaves, then back away slowly until the dog is out of sight.
- Don't approach or try to pet a strange dog, especially one that's tethered or confined.
- If you believe a dog is about to attack you, try to place something between yourself and the dog, such as a backpack or a bicycle.

As part of the Department of Community Health and the Environment's overall effort to educate residents about animal safety, our dog bite prevention program can teach individuals when it is and is not safe to approach a dog.

This program focuses on keeping individuals safe by illustrating how dogs express emotion through body language. To learn more about animal bite prevention and education, call (636) 949-7413.

H1N1 Flu Update

CDC report for the week ending May 22, 2010.
Follow [this link](#) for the latest map.



Check us out!
YouTube
youtube.com/SCCHealth

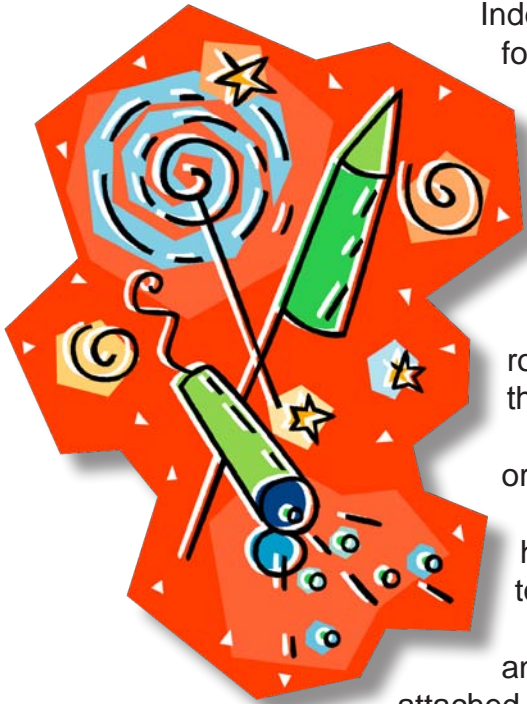
Men's Health Week June 14-20

- Get regular checkups
- Eat right and get plenty of exercise
- Seek early treatment of injuries and disease
- Learn your health risk factors



www.menshealthweek.org

Keep the Fourth Festive For Your Furry Friend



Independence Day is fun for humans, but not necessarily for your pet. The loud bangs and booms can frighten them, causing them to run away.

- Keep your pet secured indoors. Even the best behaved dog will jump fences when scared and cats will run away to hide. In their panic, normally friendly animals may try to bite. Many will run into traffic or run long distances.
- Put your animal in a pet crate and put them in a dark room with the door closed. Panicky animals may hurt themselves or damage property when not securely confined.
- If your dog is normally kept outside, bring them indoors or into a well-ventilated garage with plenty of cool water.
- Don't assume your pet won't react because you haven't had problems in the past. Many animals develop sensitivity to loud noises later in life.
- Make sure your pets are wearing an identification tag and/or microchip. Cats can safely wear an ID tag when it is attached to a break-away collar.

FIRST EVER JUNE 5, 2010

LiveWell



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FREE!

10:00 a.m.
until
4:00 p.m.



2650 Tri Sports Circle
From Hwy K, turn onto Waterford Crossing Drive,
then left on Tri Sports Drive. Take the first right at
Tri Sports Circle to get to the Renaud Spirit Center.

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