

# Healthy Steps Update

April 2011

[www.PremierCommunityHealth.org](http://www.PremierCommunityHealth.org)

## Take Time to Protect Your Skin

With Spring upon us, we all want to go outside and enjoy the warmer weather. However, when we are outside we need to be aware of the sun and how to protect our skin from its harmful rays. Did you know even on an overcast day you are still being exposed to harmful UV rays? Follow these simple tips for maintaining healthy skin.

### Protect Yourself from Sun

Not only can a lifetime of sun exposure cause wrinkles, freckles or age spots on your skin, but it can also lead to more serious problems such as skin cancer. To stay safe in the sun:

- Use at least a SPF 30 lotion when outdoors. Many daily moisturizers contain SPF.



However, make sure it is at least an SPF of 30.

- Avoid being outside between 10 a.m. and 4 p.m.,

which is when UV rays are the strongest.

- Wear clothes that protect your skin such as hats that cover your ears, long pants or light-weight long-sleeved shirts. Ears are a common place for skin cancer because many forget to protect them.

### Stop Smoking

Using tobacco makes skin appear older and can cause wrinkles. This is because smoking narrows the blood vessels that are in the outermost layer of your skin.

Smoking also can damage the collagen and elastin in your skin, which are the fibers that help keep your skin strong and elastic.

## Schedule Your Free Skin Cancer Screening

During May, Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital and Atrium Medical Center, along with Wright State University's

Boonshoft School of Medicine will provide free skin screenings.

All screenings include a full-body skin exam performed by a dermatologist and a Dermascan screening, which

looks for skin damage on the face.

Appointments are required. No walk-ins will be accepted. After April 4, call CareFinders at 1-866-608-FIND (3463) to make your appointment.



Miami Valley Hospital  
Good Samaritan Hospital  
Atrium Medical Center  
Upper Valley Medical Center

Premier  
Health  
Partners

[PremierHealthPartners.org](http://PremierHealthPartners.org)

Find a complete list of screenings  
for April on the back side.



# Schedule For Your Free Stroke Screening

During May, Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital and Upper Valley Medical Center, will be offering free stroke screenings in the community.

Screenings include total

cholesterol, HDL (good cholesterol), blood sugar, blood pressure and listening to your carotid arteries. Counseling with a stroke nurse will also be available for participants.

The stroke screenings will be done by appointment only. No walk-ins will be accepted.

Appointments can be made starting Wednesday, April 13. Spaces are limited.

To schedule your stroke screening appointment or to check on dates and locations, call CareFinders at 1-866-608-FIND (3463).

## April Health Events and Screenings

### Blood Pressure Screenings

Friday, April 8

8:45 to 10 a.m.

The Mall at Fairfield Commons  
2727 N. Fairfield Commons  
Beavercreek

Cost: Free

Thursday, April 14

9:30 a.m. to 1 p.m.

Kroger

7747 Old Troy Pike  
Huber Heights

Cost: Free

Saturday, April 16 and

Sunday April 17

10 a.m. to 6 p.m. and

12 noon to 5 p.m.

Sugar Maple Festival  
Bellbrook

Cost: Free

### Free Mammograms, Pap Smears

Are you an uninsured woman who is 40 or older? Call us to see if you are eligible for these life-saving screenings. Call (937) 227-9444.

### Health Fairs

Saturday, April 2

9 a.m. to 12 noon

Huber Heights Health Fair  
Good Samaritan Health Center –

Huber Heights

6251 Good Samaritan Way

Huber Heights

Cost: Free

Screenings: Blood pressure, total cholesterol, HDL (good cholesterol), blood sugar, hemoglobin A1c (for those with diabetes), take-home colorectal screening kits, height and weight measurements and Dermascan facial skin screenings

Saturday, April 16

10 a.m. to 3 p.m.

Celebrating Life and Health  
Sinclair Community College  
444 W. Third Street

Dayton

Cost: Free

Screenings: Blood pressure, total cholesterol, HDL (good cholesterol), blood sugar, hemoglobin A1c (for those with diabetes) and height and weight measurements

### Heart Health Screenings

Thursday, April 28

8:30 a.m. to 12 noon

Life Enrichment Center  
425 N. Findlay Street

Dayton

Cost: Free

Screenings: Total cholesterol, HDL (good cholesterol), blood sugar, blood pressure, hemoglobin A1c (for those with diabetes)

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Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.



**Premier Community Health**  
Premier Health Partners