

Continue to Protect Yourself from the Sun!

- Wear a sunscreen with an SPF of 15 or higher when working outside during warm fall days. Make sure that it is broad-spectrum and water-resistant. Reapply every two hours.
 - Make sure you have access to shade during lunch and rest breaks.
 - The sun is at its greatest intensity from 10 a.m. to 3 p.m. If possible, talk to your supervisor about possibly reorganizing your work hours so that work can be done before or after these hours.
 - Protect your skin from UV rays by wearing long-sleeved shirts and wide-brimmed hat. If performing a job which requires a lot of bending, wear a hat with a neck flap to protect the back of your neck from the sun.
 - Some substances can reduce the effectiveness of sunscreen.
 - Wear sunglasses when possible to protect your eyes.
 - Take sun protection seriously and stay out of those tanning booths! It is never too late to begin protecting your skin.
- Even if a sunburn is not immediately apparent, your skin may still receive damage on a cellular level.***

Did you hear about the dog at the flea circus?
He stole the show!

September is Ovarian Cancer Awareness Month

All women are at risk for ovarian cancer, but older women are more likely to get the disease than younger women. About 90% of women who get ovarian cancer are older than 40, with the greatest number of ovarian cancers occurring in women aged 60 years or older.

Each year, approximately 20,000 women in the United States get ovarian cancer. Among women in the United States, ovarian cancer is the eighth most common cancer and the fifth leading cause of cancer death.

Ovarian cancer may cause one or more of these signs and symptoms:

- Vaginal bleeding or discharge from your vagina that is abnormal for you.
- Pain or pressure in the pelvic or abdominal area
- Back pain and or Bloating
- Feeling full quickly while eating
- A change in your bathroom habits, such as having to pass urine very badly or very often, constipation, or diarrhea.

If you have any of these signs for two weeks or longer, see a doctor. These symptoms may be caused by something other than cancer, but the only way to know is to see your doctor. Treatment is most effective when ovarian cancer is found and treated early.

Heart Disease, a leading killer, is the Number One Killer of Women

Each year, about 1.1 million Americans suffer a heart attack, and 460,000 of these are fatal. In fact, a heart attack strikes someone about every 34 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. Many women think the signs of a heart attack are unmistakable — the image of the elephant comes to mind — but in fact they can be subtler and sometimes confusing.

Heart Attack Signs/Symptoms in Women

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
 - Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
 - Shortness of breath with or without chest discomfort.
 - Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain. **If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.** Watch this amazing video to learn more: <https://www.youtube.com/watch?v=t7wmPWTnDbE>

Heart Attack Symptoms in Men

Doctors say the three most commonly reported symptoms when men have a heart attack are: Chest pain, Chest discomfort and/or Chest pressure. Less common symptoms are: Discomfort or pain in other areas, such as one or both arms, the neck, jaw, back, or stomach; Shortness of breath, lightheadedness, nausea, or sweating; and/or Abdominal discomfort that may feel like heartburn.