



August is Skin Cancer Awareness Month

LOOKING AHEAD...

Detect Skin Cancer

Learn more about the most common types of skin cancer and how to detect them using the ABCDE method.

How to Choose Sunscreen

UVA, UVB, SPF, mineral vs. chemical sunscreen - what do these terms mean?

Find out how to choose the right sunscreen to protect you and your skin.

Wellness Webinars

This month's offerings are ready to help you relax, stay motivated, and improve your energy.

RCAB Health Benefit Trust WellRight Challenges

Get ready to move with our first Challenge starting in September!

NEW! - The Wellness Corner

Need a new healthy recipe to try or a new exercise routine? Look no further!

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.



Protect Yourself Against Skin Cancer

Did you know that if you've experienced more than five sunburns in your lifetime, your risk of developing skin cancer has already doubled? Skin cancer is the most common form of cancer in the United States, affecting approximately 4.3 million adults every year with more than 9,500 people diagnosed every day and two deaths every hour. There are more diagnoses of skin cancer every year than all other cancers combined. The Skin Cancer Foundation [found](#) that 1 in 5 Americans will develop skin cancer before the age of 70, and both men and women over the age of 49 are more likely to develop melanoma than any other cancer.

Basal cell carcinoma (BCC) and squamous cell carcinoma (SCC) are the two most common forms of skin cancer. Exposure to ultraviolet (UV) radiation from the sun (or tanning beds) is related to the development of 90% of nonmelanoma and 86% of melanoma cases. Early detection of skin cancer is vital to a successful treatment. These cancers can grow undetected for long periods of time, penetrate deep into the body, spread quickly, and appear in hard to see places. Performing regular skin exams on yourself can help you detect skin cancer early. Look for moles or spots that grow in size, appear abnormal, itch, or bleed. If you notice any new or suspicious spots on your skin or have a bump that hasn't gone away, it's important to schedule an appointment to see a dermatologist for a skin exam. It is also a great idea to see a dermatologist annually if you are at high risk for developing skin cancer. If you are enrolled in one of the RCAB Health Plans, you can find an in-network dermatologist by logging into [MyBlue](#) and selecting "Find A Doctor & Estimate Costs" under the *My Care* tab.

Basal Cell Carcinoma (BCC)

The most common type of skin cancer, BCC most frequently develops on people with fairer skin after years of frequent sun exposure or indoor tanning. BCC is commonly found on the head, neck and arms, but can also be found on the chest, abdomen, and legs. **Early detection is key** because BCC can grow deep into the skin and into the body, affecting nerves and bones, potentially causing internal damage and disfigurement.

WHAT IT LOOKS LIKE: BCC often appears flesh-colored and round like a pearl, with a pinkish tint.

Squamous Cell Carcinoma (SCC)

SCC is the second most common type of skin cancer. It most frequently develops on people with fairer skin after years of frequent sun exposure or indoor tanning. Although it is less common, both BCC and SCC can also affect those with darker skin. SCC is commonly found on the rim of the ears, face, arms, neck, chest, and back. Like BCC, **early detection of SCC is key**, as SCC can grow deep into the skin, causing internal damage, and spread to other areas.

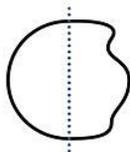
WHAT IT LOOKS LIKE: SCC often appears as a red bump that is firm and scaly. It can also look like a sore that may open, heal, and reopen.

Melanoma

Melanoma is the deadliest form of skin cancer because it is most likely to spread. It commonly forms on areas of the body that have high exposure to UV rays, such as the face, back, chest, and arms, but it can also form on feet, hands, and fingernails.

WHAT IT LOOKS LIKE: Melanoma can develop within a mole already present on your skin, or create a new, dark spot that looks different than other moles on your body. You can recognize melanoma using the ABCDE method below!

A
ASYMMETRY



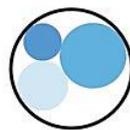
Irregular shape

B
BORDER



Uneven borders

C
COLOUR



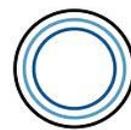
Variety of colours or shades

D
DIAMETER



Grows larger than 1/4 inch

E
EVOLUTION



Changes in size, shape, colours or elevation

How to Choose Sunscreen

There are so many different types of sunscreens on the market. How are we supposed to know which sunscreen will be the best for us and our skin?

UVA = Ultraviolet A

UVA rays make up 95% of all the UV rays on the Earth's surface. It causes almost all forms of skin damage due to its deep penetration into the skin, resulting in a tan, burn, and wrinkles.

UVB = Ultraviolet B

UVB rays are very high energy rays, which can damage skin like UVA rays. UVB rays can cause DNA mutations that lead to the development of skin cancers and cataracts in the eyes.

SPF = Sun Protection Factor

SPF is calculated by the number of seconds it takes skin to redden with the sunscreen applied divided by the number of seconds it takes to redden without sunscreen.

Levels of SPF

It's important to find a sunscreen that protects against UVA and UVB rays, also known as *broad-spectrum sunscreen*. The American Academy of Dermatology recommends at least SPF 30 sunscreen daily, even on cloudy days and in the wintertime.

The type of SPF protection needed varies based on your skin and the number of hours you'll be out in the sunlight. Sunscreens with an SPF higher than 50 only offer a small increase in protection against the sun's rays compared to SPF 30 (2% rays reach the skin vs. 3%, respectively).



Make Sure it is Water Resistant

Reapplication of sunscreen every two hours is suggested when out in the sun, but water-resistant sunscreens can help you enjoy the benefits of sun protection longer when in the water or sweating.

Check the Expiration Date

The FDA requires all sunscreens to retain their level of strength for three years. Always check the bottom of the product or the top crease of the tube to find when your sunscreen will expire.

Mineral Sunscreen

Mineral sunscreens sit on top of the skin's surface and deflect UV rays away from the skin. They protect against UVA and UVB rays and tend to have the traditional white cast when applied. Frequent reapplication is required, but no waiting period is necessary. Look for zinc or titanium dioxide in the ingredients list on the back of the bottle. This sunscreen is great for acne-prone skin.

Chemical Sunscreen

Chemical sunscreens are absorbed into the skin when applied. This sunscreen will absorb the sun's rays, turning them into heat. These sunscreens do not protect against all UVA rays and take 20 minutes to become effective. Chemical sunscreens require frequent reapplication and can cause an increase in brown spots. Look for oxybenzone or avobenzone in the ingredients.

Spray vs. Lotion Sunscreen

Spray sunscreens are usually non-greasy, easy to apply, and cover hard-to-reach areas. Sometimes people don't apply enough spray sunscreen, leading to more burns and skin damage. Also, the spray may be inhaled which can cause lung irritation. Lotion sunscreens offer more control and provide the amount of protection we normally need. Either way, make sure to reapply generously!

Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$20 into their HealthEquity HRA or HSA account for attending a wellness webinar. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year.

The Mental Perks of Setting Goals and Maintaining Motivation

AVAILABLE ANYTIME

Hosted and recorded by McLean Hospital, Dr. Lisa W. Coyne talks about building small habits to achieve large goals, the importance of setting SMART goals, how to maintain motivation, and how to overcome mental hurdles. *Please email Amanda Gately at agately@rcab.org to report your viewing.*

[Click Here to Access Webinar](#)

Seven Habits for Truly Effective Weight Management

Thursday, August 12th @ 12:30pm

Participants will learn to identify integral behaviors that correlate with long-term weight management. Whether you are challenged with losing weight or maintaining weight loss, this class identifies the real work required to lose weight healthfully.

[Click Here to Register](#)

James Parker-Ashley Relaxation Class

Tuesday, August 17th @ 5pm

Come join James for his class focusing on simple exercises to help you destress and check in on yourself. *Please email Amanda Gately at agately@rcab.org to report your attendance.*

[Click Here to Access Class](#)

Eating for Energy

Thursday, August 26th @ 12pm

Do you hit that afternoon slump? Participants in this webinar will learn how to eat to increase energy throughout the workday. The webinar will include information about lifestyle and health factors that influence energy, as well as review overall wellness, healthful snack solutions, portion control, and information on how to use the hunger scale for healthful snacking.

[Click Here to Register](#)



In Case You Missed It...

You can still view the recorded webinars from July listed below. After viewing these webinars, please self-report your viewing to Amanda Gately, Benefits Associate, at agately@rcbab.org and you can earn 20 HRA/HSA dollars. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year.

All About Antioxidants & Cancer Prevention

[Click Here to Access Webinar](#)

The Mediterranean Diet

[Click Here to Access Webinar](#)

James Parker-Ashley Fitness Class

[Click Here to Access Webinar](#)

The Tools & Techniques That Foster Sleep

[Click Here to Access Webinar](#)



RCAB Health Benefit Trust WellRight Challenge Program



This September, the new RCAB Health Benefit Trust WellRight Challenge Program will kick off with **Move It**, a Challenge designed to push you to log 7,000 steps a day. Your fitness watches or apps will auto-sync your information with this new platform, but don't worry, you can still manually log your information if needed! **This month, you will receive a flyer in the mail with more information about the various Challenges offered throughout the Plan Year, the Challenge schedule, and program details.** If eligible to participate in this exciting new program, you will receive an email on **August 23rd** with instructions on how to register and get started. If you do not have an email on file with MyEnroll but want to participate in the Challenges, please email Kara Lavertu, Wellness & Wellbeing Manager, at klavertu@rcab.org.

Spouses on the RCAB Health Plan are also invited to join the WellRight Challenges! Employees must register in order for their spouses to be eligible to participate. When registering, spouses will also need to know the email address used by their spouse to create a WellRight account. The website address for spouses to sign up is <https://catholicbenefits.wellright.com/act/auth/registration>. The website will go live on August 23rd. Once registered, you will be automatically enrolled in all 10 Challenges, but participation is voluntary.

ARE YOU READY TO BECOME A WELLNESS CHAMPION?

The RCAB Benefits Department is recruiting Wellness Champions for the new Plan Year!

We are looking for those who:

- ✓ Are passionate about health, wellness, and wellbeing
- ✓ Advocate for a healthy, supportive work culture
- ✓ Encourage co-workers and other employees to engage in worksite wellness activities to help them earn HRA or HSA dollars
- ✓ Are able to participate in monthly calls to learn about wellness incentives, new wellness offerings, tools, and related resources
- ✓ Serve as an informational resource at their worksites regarding the RCAB Health Plans

Earn \$150 HRA or HSA for satisfactory engagement

Our Wellness Champions program will resume in September. If you are interested in signing up, please contact Kara Lavertu at klavertu@rcab.org.

THE
WELLNESS
CORNER

New health and wellness topics covering exercise routines, recipes, tips, and tricks to spark motivation in your life every month!



FISH TACOS & AVOCADO SALSA

Ingredients

TACOS

- 600G SKINLESS WHITE FISH FILLETS (COD, HADDOCK, TILAPIA, FLATHEAD)
- LARGE PINCH OF CAYENNE PEPPER
- 1 TSP GROUND CUMIN
- 1 TBSP OLIVE OIL
- 8 TACO SHELLS OR SOFT TORTILLAS
- LETTUCE, FINELY CHOPPED
- CORIANDER LEAVES (TO SERVE)

SALSA

- 2 TOMATOES, RIPENED
- 1 GREEN CAPSICUM, FINELY CHOPPED
- 1 AVOCADO, FINELY CHOPPED
- 1 TBSP PICKED JALAPENO (OPTIONAL)
- ½ RED ONION, FINELY CHOPPED
- 2 TBSP CORIANDER LEAVES
- 1 GARLIC CLOVE, CRUSHED
- ½ TSP GROUND CUMIN
- 1TBSP LIME JUICE
- 1 TBSP OLIVE OIL

PREPARATION: 10MIN

COOKING: 25MIN

READY IN: 35 MIN

SERVINGS: 4

Directions

1. Preheat the oven to 350°F
2. Stack taco shells upright in a baking dish and heat in the oven for 5 minutes. If using flour tortilla, lay flat.
3. Dust fish with cayenne, cumin, salt and pepper.
4. Heat oil in a non-stick frypan and sear the fish for approximately 1-2 minutes on each side or until cooked through.
5. Fill each taco shell with a layer of lettuce, top with the fish and spoon the avocado salsa over the top. Lightly sprinkle with the coriander leaves on top and serve.

For salsa:

1. Halve the tomatoes, squeeze out and discard the seeds and juice, then finely chop the flesh.
2. Place in a bowl with the remaining salsa ingredients, season with salt and pepper and mix to combine.

In good health,
Roman Catholic Archdiocese of Boston Benefits Department