



The

# SPOTLIGHT

3rd Quarter, CY 2016

## Preventing Foodborne Illnesses

What you should know and practice

**T**he CDC estimates each year roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Estimating illnesses, hospitalizations, and deaths for various types of diseases is a common and important public health practice. There are four strategies to help prevent foodborne illnesses.

### Clean

Wash your hands and surfaces often. Germs can survive in many places around your kitchen including your hand, utensils, and cutting boards. Rinse fresh fruits and vegetables under running water.

### Separate

Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods - unless you keep them separate. It's important to keep them separate, even after you've cleaned your hands and surfaces thoroughly.

### Cook

Many people think they can tell when food is "done" simply by checking its color and texture, there's no way to be sure it's safe without following a few important but simple steps. Use a food thermometer to ensure that foods are cooked to a safe internal temperature: 145 degrees Fahrenheit for whole meats (allowing the meat to rest for 3 minutes before carving or consuming), 160 degrees for ground meats and 164 degrees for all poultry.

### Chill

Keep your refrigerator below 40 degrees and refrigerate food properly. Germs can grow in many foods within 2 hours unless you refrigerate them. (During the summer heat, cut that time down to 1 hour)

For more information on preventing foodborne illnesses, visit :

<http://www.cdc.gov/foodsafety/groups/>



### From the Medical Director

In July, we celebrate our Nation's Independence and honor the sacrifices of our predecessors in the quest to become a free Nation!

During these summer months, often accompanied by intense heat and humidity, we should pay specific attention to certain healthy practices in both the workplace and home environment. This edition of our newsletter will focus on important information that can provide assistance with ensuring everyone has a safe and enjoyable summer! From proper oral-hydration, to minimize the risk of dehydration, to healthy food practices to reduce the risk exposure, to foodborne illnesses, this edition will share important prevention strategies and references for additional information.

Be sure to share this information with your co-workers and friends to ensure everyone enjoys a healthy and safe summer season!

Jimmie J. Drummond, MD, MPH  
Medical Director, CEHS

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# Skin Cancer: Are you at risk? Know how to protect yourself and what to look for

Information taken from [www.cdc.gov/cancer/skin/](http://www.cdc.gov/cancer/skin/)

Summer is finally here! For many of us, summertime includes more outdoor activities. As we start spending more time outside, we must remember to protect our skin. According to the Centers for Disease Control and Prevention (CDC), skin cancer is the most common cancer found in the United States.

Skin cancer is caused by exposure to ultraviolet (UV) rays, either from the sun or artificial sources like tanning beds or booths and sunlamps. UV rays, which are invisible forms of radiation, penetrate the skin and change skin cells over time. The three most common types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma. While basal and squamous cell carcinomas both have a high cure rate, treatment can be disfiguring and costly. Melanoma is the most dangerous type of skin cancer and causes the most deaths.

The signs and symptoms associated with skin cancer vary; as not all skin cancers are the same. The most obvious sign of skin cancer is a change in your skin. Examples of skin changes include a new growth on the skin, a sore that does not heal, or changes in the look or appearance of

## Risk Factors for Skin Cancer



Certain people are at a higher risk for skin cancer than others. Risk factors vary for different types of skin cancers. General risk factors include having:

- Lighter skin color
- Family or personal history of skin cancer
- Blue or green eyes
- Blond or red hair
- Skin that burns easy, freckles, reddens easily, or becomes painful in the sun
- Previous history of sunburns (especially early in life)
- History of indoor tanning
- Exposure to sun from work or play
- Moles (certain types and large number)

## There are 3 main types of SKIN CANCER

### Basal Cell Carcinoma (BCC)



Grows slowly over months or years. Look for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema. May become ulcerated, bleed and fail to heal.

### Squamous Cell Carcinoma (SCC)



Grows over months and may spread if not treated. Look for scaly red areas that may bleed easily, ulcers or non-healing sores that are often painful, especially when touched. Often found on lips, ears, scalp, backs of the hands and lower legs.

### Melanoma

Accounts for 1-2 per cent of skin cancers. It is the most dangerous and aggressive form of skin cancer. If left untreated can spread to other parts of the body and can be fatal. Grows quickly over weeks to months and can occur amongst younger and older generations.

Can appear as a new or existing spot, freckle or mole that changes in colour, size or shape. Can grow anywhere on the body not just areas exposed to the sun. Occurs most frequently on the trunk in males and on the arms and legs in females.

Sometimes, melanoma can also appear as a lump, may have little or no brown pigment, as a reddish patch, or like a blood blister.

Use the **ABCD** of melanoma detection to check for the following:



**ASYMMETRY**  
If the spot or lesion is divided in half the two halves are not a mirror image.



**BORDER**  
A spot with a spreading or irregular edge.



**COLOUR**  
A spot with a number of different colours through it.



**DIAMETER**  
A spot that is growing and changing in diameter or size.

Graphic taken from [www.actcancer.org](http://www.actcancer.org)

moles. It is important to look for skin changes and follow-up with your doctor for any changes that you observe. According to the US Preventive Services Task Force, there is not enough evidence to recommend for or against routine screening to aid in early detection of skin cancer.

There are ways to reduce your risk of skin cancer. It is very important that people protect themselves from UV rays all year round, not just during summer months. Also, people should protect themselves on cloudy, rainy days as well as bright, sunny days. UV rays reach the skin regardless of weather conditions. The most hazardous time for outdoor UV exposure, in the continental US, occurs between 10am and 4pm daylight savings time (9am to 3pm standard time). The CDC also recommends the following:

- Stay in the shade (especially during the midday hours).
- Wear clothing that covers your arms and legs, a wide brim hat, and sunglasses.
- Use sunscreen (with at least SPF 15 or higher and both UVA and UVB protection).

**Disclaimer:** The Civilian Employee Health Service (CEHS) clinic is located within the DiLorenzo TRICARE Health Clinic and follows standard operating procedures of DTHC and the Walter Reed National Military Medical Center and the National Capital Region.

## CEHS Staff

*Jimmie Drummond, Jr., MD, MPH,*  
Medical Director, CEHS

*Linda Holifield-Kennedy, MD, MPH,*  
Medical Officer

*Aprileona King MEd, PA-C*  
Physician's Assistant

*Carol Spears, RN, COHN*  
Supervisory Occupational Health Nurse

*Adelia Delacruz, RN— Occupational Health Nurse*

*Lucinda Jones, RN—Occupational Health Nurse*

*LaShaunda McNeal, RN, COHN-S, CCM— Occupational Health Nurse*

*Laura Rollandini, RN—Occupational Health Nurse*

*Tomara Barber—Administrative Assistant*

*Kristen Cox—Administrative Assistant*

*Curtis Lager—Program Analyst Manager*

## Contributors

*Natalie Hedrick—DTHC Marketing and Public Relations Specialist*

*Merwynn Pagdanganan—Information Management Department Project Manager*

*LTC Sarah A. Williams-Brown—DTHC Director for Nursing*

# Summer heat can be hazardous to your health: Know the signs of heat illness

[www.cdc.gov/niosh/topics/heatstress](http://www.cdc.gov/niosh/topics/heatstress)

[www.mayoclinic.org/diseases-conditions/dehydration/basics](http://www.mayoclinic.org/diseases-conditions/dehydration/basics)

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you are at an increased risk of dehydration. People who work outdoors are more likely to become dehydrated and are more likely to get heat-related illnesses.

### Signs and symptoms of dehydration:

- Dry, sticky mouth
- Sleepiness or tiredness
- Thirst
- Decreased urine output
- Dry skin
- Headache
- Dizziness or lightheadedness
- Constipation

### Severe dehydration:

- Extreme thirst
- Irritability and confusion
- Very dry mouth, skin and mucous membranes
- Little or no urination
- Sunken eyes, no tears with crying
- Low blood pressure
- Rapid heartbeat/rapid breathing
- Fever
- *Delirium or unconsciousness (most serious cases)*

### Heat Stroke: A serious and potentially deadly illness

Heat stroke is a condition that occurs when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104 degrees F). It's the most serious heat-related health problem and a life-threatening medical emergency that may result in death.

#### Symptoms of Heat Stroke:

- High body temperature
- Confusion
- Throbbing headache
- Loss of coordination
- Hot, dry skin or profuse sweating
- Loss of consciousness
- Seizures, coma

#### If a worker shows signs of possible Heat Stroke:

- While first aid measures are being implemented, call 911 and get emergency medical help.
- Make sure that someone stays with the worker until help arrives.
- Remove excess clothing.
- Wet the worker with cool water and circulate the air to speed cooling.
- Place cold, wet cloths or ice all over the body or soak the worker's clothing in cold water.

#### Sources:

OSHA/NIOSH-Protecting Workers from Heat Illness  
 OSHA-Protecting Workers from the Effects of Heat  
 NIOSH-Protecting Yourself from Heat Stress

[www.weather.gov](http://www.weather.gov)

### Relative Humidity (%)

°F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	103	106	110	114	119	124	129	135			
92	94	96	99	101	105	108	112	116	121	126	131		
90	91	93	95	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87

Heat Index (Apparent Temperature)

### What you can do:

- Prevent heat illness with acclimatization. Acclimatization is the beneficial physiological adaptations that occur during repeated exposure to a hot environment.
- Drink two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.
- Wear a brimmed hat and loose, lightweight, light colored clothing.
- Spend time in air-conditioned buildings during breaks and after work.
- Encourage co-workers to take breaks to cool off and drink water.
- Seek medical care immediately if you or a co-worker has symptoms of heat-related illness.

<b>Extreme Danger</b> Heat stroke or sun stroke highly likely	<b>Danger</b> Sun stroke, muscle cramps, and/or heat exhaustion likely	<b>Extreme Caution</b> Sun stroke, muscle cramps, and/or heat exhaustion possible	<b>Caution</b> Fatigue possible
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**Scheduling Appointments**

Appointments can be made by contacting:  
703-692-8828/8831  
CEHSmailbox@mail.mil

CEHS is located inside the DiLorenzo TRICARE Health Clinic Pentagon Corridor 8, E Ring [www.DTHC.capmed.mil](http://www.DTHC.capmed.mil)

For information on the Pentagon's Fit To Win Health and Wellness Center, click [here](#) or call 703-692-8898

**DTHC Administration**

- COL Rebecca Porter—Director
- LTC Kurt Martin—Director for Administration
- LTC Sarah A. Williams-Brown—Director for Nursing
- CDR Marc A. Franzos—Director for Medical Services

**Search for these words:**

- SAFETY
- INJURY
- ZIKAVIRUS
- NURSES
- EMERGENCY
- TRICARE
- COLORECTAL
- SYMPTOMS
- LIFTING
- OCCUPATIONAL
- PREVENTION
- HAZARDS
- ACCIDENTS
- SUPPLIES
- MEDICATIONS

**Tips for Motorists**

Bicycles on the road are, by law, vehicles with the same rights as motor vehicles. It's the responsibility of both the rider and driver to share the road. Here's a few ways to protect those using pedal power:

- **Be patient.** If the lane is too narrow, if there's oncoming traffic, or if you don't have enough visibility to pass...don't.
- **Reduce your speed when approaching a bicycle.** Even if there's a bike lane, an opening car door, for example, may cause the rider to swerve into traffic.
- **Don't honk.** You could startle the rider. Make eye contact and, if you make a mistake, everyone loves a courtesy wave.



**Tips for Cyclists**

Even before hitting the road, make sure your bike and body are well prepared.

- Check your brakes regularly and keep your tires inflated.
- Make sure your bike is adjusted to fit you. Your local bike shop can make adjustments to optimize the bike for you.
- Get a bell to alert pedestrians, mirrors, reflectors and a helmet. A headlight and taillight are often required by law when riding at night.
- Before taking a long trip, start with shorter trips and stretch beforehand.
- Wear light, reflective clothing at night. For longer trips, dress in layers.

**A helmet is great, but preventing a collision in the first place is even better.**

- **Be predictable.** Always ride in a straight line, as far to the right as safely possible, but remaining visible to driver. Use hand signals if you're slowing down or turning.
- **Get personal.** Make eye contact with drivers to ensure they see you, and they'll give you more respect on the road.

**Alertness Around Us**



All clues can be answered from the previous issue. Check out our next issue for answers to this puzzle.