

# PURSUIT

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Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## ABCDEs of Melanoma

Melanoma is the most dangerous form of skin cancer. According to the American Cancer Society, more than 90,000 Americans will be diagnosed with melanoma this year and 1 in 10 will die from it. The following increase the risk for melanoma: bad sunburns at a young age, tanning outdoors or indoors, a weakened immune system from an autoimmune disorder or organ transplant and a family history of melanoma.



### Early detection is key!

It's so important to perform monthly self-exams and see a dermatologist at least once a year—or more if you fall into one of the high-risk groups. Here's what to look for when checking a mole or lesion:



#### **ASYMMETRY:**

One-half looks different from the other



#### **DIAMETER:**

Bigger than 6 mm—about the size of a pencil eraser



#### **BORDER:**

Poorly defined or irregular around the edges



#### **EVOLVING:**

Changes over time in size (gets bigger), shape, sensation (gets itchy, tender or painful), color (gets red), height (gets bumpy or lumpy), or surface (gets scaly or bleeds)



#### **COLOR:**

More than one color or when the pigment spreads from the spot to surrounding skin

**It's never too late to protect yourself.**

Use the slip, slop, slap, wrap method. Even better—stay in the shade whenever you can!



**SLIP**  
on a shirt



**SLOP**  
on sunscreen



**SLAP**  
on a hat



**WRAP**  
on sunglasses

IN THIS ISSUE

ABCDEs of Melanoma

Women's Health

Recipe of the Month

## Women's Health

You eat right. You stay active. You get enough sleep. Your health is on track, right? Still, it's good to be on the lookout for some common health conditions that can affect women. Read on, and call your doctor if you have concerns.

### Heart Disease

You may think of men when you hear "heart disease," but this condition is the leading killer of women over 25. The good news is you can take steps to help prevent heart disease.

- Eat a balanced diet high in fruits and vegetables and limit highly processed foods made with added sugar or white flour.
- Exercise enough to raise your heart rate several times a week.

- Talk to your doctor about ways to manage or prevent high cholesterol and high blood pressure.

### Breast Cancer

Your risk of developing breast cancer increases with age, but you can be proactive to help lower your risk.

- First, get moving. According to the National Cancer Institute, physical activity can reduce breast cancer risk, and if you exercise enough to lose weight you can lower your risk even more.
- Second, avoid or limit alcohol.
- Most importantly, perform a monthly breast self-exam and get a mammogram each year after age 40 or as directed by your doctor.



### Quick Wins for Women's Wellness

Here's a list of healthy tips to help you feel your best.

- Don't smoke or use tobacco.
- Get plenty of exercise.
- Maintain a healthy weight.
- Get at least seven hours of sleep each night.
- See your doctor for your annual wellness visit.

**Resources:** [nimh.nih.gov](http://nimh.nih.gov); [heart.org](http://heart.org); [goredforwomen.org](http://goredforwomen.org); [cancer.gov](http://cancer.gov)

## Sheet Pan Shrimp Fajitas

This is a quick and easy recipe of shrimp fajitas all in one pan. Serve with tortillas, cilantro, and avocado or any other condiments you like.

### Ingredients:

- 1 (1 ounce) package fajita seasoning
- 1 tablespoon olive oil
- 1 ½ pounds raw shrimp, peeled and deveined

- 1 red bell pepper, sliced into strips
- 1 yellow bell pepper, sliced in to strips
- 1 red onion, sliced into strips
- 1 jalapeno pepper, sliced into rings

### Directions:

1. Preheat oven to 450° F.
2. Mix fajita seasoning and olive oil together in a large bowl. Add shrimp; toss to coat.
3. Lay out seasoned shrimp in a single layer on a baking sheet. Add red bell pepper, yellow



- bell pepper, red onion, and jalapeno pepper; mix with shrimp and spread out evenly.
4. Roast in the preheated oven until shrimp are opaque, 8 to 10 minutes. Transfer shrimp to a serving plate.
  5. Broil pepper mixture until lightly blackened, 2 to 3 minutes. Transfer to the serving plate with shrimp.

*Recipe courtesy of Allrecipes.com for nutrition information [click here](#)*

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