

SAND RUN PHARMACY

May Newsletter 2020



May is Melanoma Awareness Month



What is melanoma?

Melanoma occurs when the pigment-producing cells that give color to the skin become cancerous.

It accounts for only about 1% of skin cancers but causes a large majority of skin cancer deaths.

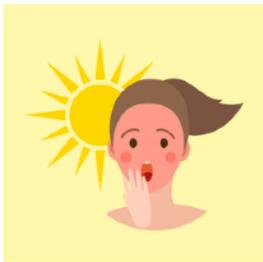
What causes melanoma?



It is likely a combination of factors, including environmental and genetic.

Still, doctors believe exposure to ultraviolet (UV) radiation from the sun and from tanning lamps and beds is the leading cause of melanoma.

Who is at risk of melanoma?



The risk is much higher for people with red or blond hair, blue or green eyes, or fair skin that freckles or burns easily.

How can I identify potential melanoma?

Use the ABCDE system!

ABCDE signs of melanoma

Asymmetry	Are the halves of each mole different?	
Border	Are the edges uneven, scalloped or notched?	
Colour	Are there differing shades and colour patches?	
Diameter	Is the spot greater than 6 mm across?	
Evolving	Has the spot changed over time (size, shape, surface, colour, bleeding, itching)?	

Some types of melanoma, such as nodular and desmoplastic melanomas, don't fit the "ABCDE" criteria, so your doctor may also assess whether the spot is elevated, firm or growing.

How can I help prevent melanoma?

- **Wear Sunscreen.** Use broad-spectrum sunscreen (protects against UVA and UVB rays) with SPF of at least 30.
- **Wear Protective Clothing.**
- **Avoid Peak Rays.** Mid-day is when the sun's rays are most intense.
- **Don't Use Tanning Beds.** Indoor tanning is shown to increase melanoma risk by 75%.



Sand Run Pharmacy has a variety of dermatologist-recommended sunscreens available year-round, including Neutrogena® Ultra Sheer Dry-Touch Lotion & Coppertone® products. Remember to check the expiration dates of your products at home as expired sunscreen will degrade & become less effective over time.



Combat COVID-19....give yourself an immune-boost!

- Viracid includes a powerful combination of key nutrients and botanical extracts that provide support for immune challenges.
- Zinc, vitamin C, vitamin A, L-lysine and pantothenic acid each play a role in maintaining a healthy, functioning immune system.
- The blend of botanical extracts black elderberry, astragalus, echinacea, and andrographis, all have been used traditionally for their clinically effective immune-modulating properties.



Recipe
Corner

Super Easy Lemon Bars

Ingredients:

FOR THE PASTRY BASE

- 1 cup cold butter, cut in small pieces
- 1/2 cup sugar
- 2 cups flour

FOR THE LEMON LAYER

- 1 1/2 cups sugar
- 1/4 cup flour
- 4 eggs
- zest of two lemons, very finely chopped
- juice of 2 lemons, about 2/3 to 3/4 cup juice

TO MAKE THE PASTRY BASE

1. Blend together the butter, sugar and flour.
2. Press evenly into the bottom of a greased and parchment paper lined 9x13 inch baking pan.
3. Bake for 20 minutes at 350°F (325°F if using glass bake-ware). The bottom should just be beginning to brown slightly at the top edges.

TO MAKE THE LEMON TOPPING

1. Whisk together the sugar, flour, eggs, zest and lemon juice until the sugar is dissolved.
2. Allow the topping to sit for about 10 minutes before whisking together well again and pouring over the baked shortbread base.
3. Bake at 350° F for about another 20-25 minutes or until the top is slightly browned and the custard appears to be set. Cool completely. Sprinkle with powdered sugar when cool.



Happy
Mother's
day

Don't forget Moms and Grads!

A full selection of greeting cards available now!

Class of
2020

