




What's Inside...

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Wellness Activities

- **Volley Ball:** Nicolas Berger sets up the volleyball net on front lawn Tues. & Wed. 12-1:00 PM & Thurs. 5-6:00 PM. Call Nicolas Ext.3434 for more info.
- **Healthy Back Cross Training:** Taught by HIP instructor on site. 3/30-6/3/05 Wed. & Fri. 11-11:55 AM in Bldg. 27. STAP fund: Yes
- **Bharata Natyam:** Exercise your body, mind and spirit through Indian Classical Dance. Contact 650 926 4157 for more information.
- **Body Sculpting & Step Aerobics:** Taught by Ziba Mahdavi, this stretching class is offered on Tues. & Thurs. 12-1PM in Bldg. 27. Questions? Please call Ext.4458 or 2281.
- **Ballet/Lyrical Jazz:** Taught by Vicky Brey, Friday 5:15-6:30 PM in Bldg. 27. Questions? olga@SLAC.Stanford.EDU
- **Aerobics:** Taught by Cecilia Glower, Mon. & Wed. 12-1PM, Tues. & Thurs. 5-6 PM in Bldg. 27. Questions? Michelle Steger @ x.3011 or Bette Ferandin @ x 2601.
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.
- **Soccer:** On the front lawn Mon. & Thurs. at noon. Call Rafael Miranda x 4471 or Tu Ly x 4442

Protect Against Skin Cancer

With summer here, it's important to remember that skin cancer is the most commonly diagnosed cancer in the U.S. It affects more than 1 million people each year, many of whom are older men and women.

One of the biggest known risk factors for getting skin cancer is excess exposure to **ultraviolet (UV) light**. UV light increases the risk of all three kinds of skin cancer: melanoma (the least common but most severe), basal cell carcinoma and squamous cell carcinoma.

The older you are, the more likely you are to be diagnosed with skin cancer, particularly after age 50. However, increased sun exposure and sun damage at an early age is a major contributor to skin cancer later in life.

One of the best ways to protect against skin cancer is to simply limit exposure to harmful UV light. Avoid the sun during midday, when its rays are the strongest, wear appropriate clothing—such as hats or long-sleeved shirts—and wear plenty of sunscreen with a sun protection factor (SPF) of 30 or higher.

UV light can be just as damaging on a cloudy, overcast day as on a bright and sunny day, so use sunscreen and other protective measures daily, however the sky looks.

Web Sites

nihseniorhealth.gov/skincancer/toc.html

www.cancer.gov/cancertopics/types/skin

Speak Up

Become a Partner in Your Health Care



Many people go to the doctor ready to just listen and let the doctor take the lead. But the best patient-doctor relationships are partnerships. You and your doctor can work

together as a team that includes nurses, physician assistants, pharmacists and other health care providers to address your medical problems and keep you healthy.

Your first step is to find a main doctor (your primary doctor or primary care doctor) that you feel comfortable talking to. Your doctor needs to understand your health concerns and problems. He or she will help you make medical decisions that suit your values and daily habits, and will keep in touch with any other specialists you may need. So spend some time finding a doctor you can trust and with whom you can talk openly.

Try drawing up a basic plan to help you make the most of your appointments, whether you're starting with a new doctor or continuing with the one you've seen for years. Make a list in advance of the things you want to discuss. Do you have a new symptom? Are you concerned about how a treatment is affecting your daily life? If you have more than a few items to discuss, put them in order with the most important ones first.

Good communication is key to good health care. Tell your doctor if you have vision or hearing problems so he or she can accommodate you. Ask for an interpreter if the doctor doesn't speak your language.

Some doctors suggest you put all your prescription drugs, over-the-counter medicines, vitamins, and herbal remedies or supplements in a bag and bring them with you. You should at least bring a complete list of everything you take. A recent survey found that nearly two-thirds of older Americans use some form of complementary and alternative medicine—health

practices outside the realm of conventional medicine, such as herbal supplements, meditation, homeopathy and acupuncture. Less than one-third of them, however, discuss these practices with their doctors. This news is a cause for concern because your doctor needs to have a full picture of everything you're doing to manage your health.

During your visit, make sure to ask questions if anything is unclear to you. Bring up any problems or concerns you might have, whether or not the doctor asks about them. Ask about different treatment options. And don't hesitate to tell the doctor if you have concerns about a particular treatment or change in your daily life.

You might also consider bringing a family member or close friend to your appointment with you. Let him or her know in advance what you want from your visit. Your companion can remind you what you planned to discuss with the doctor if you forget, or take notes for you and help you remember what the doctor said.

Take an active role in your own health care. Do everything you can to get the best care possible.

Wise Choices

Tips for Your Doctor Visit

- Make a list in advance of the things you want to discuss at your appointment.
- If you don't understand something your doctor is saying, ask questions until you do understand.
- Take notes, or get a friend or family member to take notes for you.
- Ask your doctor to write down instructions for you.
- Ask your doctor for printed material about your condition or suggestions for where you can get more information.
- Don't forget that other members of your health care team, such as nurses and pharmacists, can be good sources of information. Talk to them, too.