

AVON WOMEN ENTREPRENEURS JUNE 18, 2019 - MINUTES

HOST & SPEAKER: Apple Rehab Avon

TOPIC: Skin Cancer Prevention and Detection

There are 3 main types of skin cancer:

- Basal Cell
- Squamous Cell
- Melanoma

Basal and squamous cell cancers are mostly found on parts of the body exposed to the sun and are less likely to spread. Melanoma, on the other hand, arises from melanocytes as do moles. It is much more serious. However, melanoma is almost always curable if found early.

Knowing your own skin is important. You need to regularly exam your skin—you may need help to do this. If anything concerns you, show it to your doctor. If you are not satisfied with the answer, get a second opinion.

Basal cell cancers:

- Flat, firm, pale or yellow areas similar to a scar
- Raised reddish patches
- Small pink or red, translucent, shiny, pearly bumps that may have blue, brown or black areas
- Pink growths with raised edges and lower center possibly with blood vessels spreading out from them
- Open sores that don't heal or heal and come back

Squamous cell cancers:

- Rough scaly patches
- Raised growths or lumps
- Open sores that don't heal or heal and come back
- Wart-like growths

Moles and Melanomas:

- A normal mole is usually evenly colored brown, tan or black spot. It can be flat or raised. It can be oval or round.
- The most important sign of melanoma is a new spot on the skin or one that is changing. Also spots that look different from others on your body.

ABCDE Rule:

A – Asymmetry – one half of a mole doesn't look like the other half

B – Border – the edges are irregular, ragged, notched or blurred

C – Color – the color is not the same all over and may include shades of brown or black sometimes with patches of pink, red, white or blue

D – Diameter – the spot is larger than about ¼ inch across, the size of a pencil eraser– but melanomas can be smaller

E – Evolving – the mole is changing in size, shape or color

Self-tanning products should be used with caution since they do cause changes to your skin.

Wear a hat, use sunscreen with SPF 50+ or cover up. Wear sunglasses. If you're not sure whether that old tube of sunscreen is still good, go by the expiration date on it. It should be noted that sunscreens can contain ingredients harmful to the environment.

An annual screening by a dermatologist is recommended. These appointments can be hard to get and the charge may be subject to your deductible since it is not generally considered "well-care." If you have a concern

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and can't get a prompt appointment, push back. You can tell them you will hold them liable if the problem is serious and they don't give you an appointment on a timely basis.

30-Second Intros

CHAMBER EVENTS:

- Monday, June 24 – **VYBE “Apps and Taps” at Avon Old Farms Hotel**
- Tuesday, June 25 - **TLC (The Lunch Connection) at Cugino’s Farmington**

Lisa Bohman reminded members to send her their events well in advance to be included in Chamber eBlasts.

MEMBER ANNOUNCEMENTS:

- **Renee Lacourciere** – She is leaving Apple Rehab and going to Anthology in Simsbury
- **Dr. Jeanne Folks, CT Psychotherapeutic Center** –
 - Offering Emotional Freedom Techniques at the Avon Senior Center (\$10 each if you're not a senior) on Fridays – 4 more to go from 11:30 to 12:30
 - Avon Chamber Health Council – if you can use a roster of available speakers, contact Dr. Jeanne.
 - Dr. Jeanne also modeled her skirt made from recycled saris – www.darngoodyarn.com – help the women making these support their families.
- **Carol Tsacoyeanes, Ruby Ribbon** – Sale on swimwear starting
- **Charmaine Seavy, CV Media** – Reminder that we are getting a group of members together for the Gifts of Love farm to table dinner on July 17th. Contact her so we can coordinate.
- **Lori Cornett, Make It GF** – They are supporting the Talcott Mountain Music Festival and will be at the concert on July 19th at the supporters tent giving free samples of their products.
- **Sandy Cook, Home Helpers** – On the 3rd Friday from 10:30 to 11:30am at the Farmington Public Library offering workshops on Alzheimers for caregivers

AWE Business: Future Meetings:

- June 18 – Host and Speaker, Apple Rehab
- July 16 - Tim McCarthy CPA/US Wealth Farmington Valley, host; Lori Cornett, Make It GF, speaker
- August 20 – Beach Day at Lisa’s beach club, registration required
- September 17 – Sandra Cook, Home Helpers, host and speaker
- October 15 – Bill Selig Jewelers, host; Bill Selig or Charmaine Seavy, CV Media, speaker
- November 19 – AWE Holiday Showcase – everyone welcome to show your wares by registering with Lisa
- December 17 – Middlewoods of Farmington, host; Dana Culligan, Tocara Jewelry and/or Carol Tsacoyeanes, Ruby Ribbon, speaker

--Joanne Beers