

# News from the School District Clinic

By Ashley Seiler, APNP

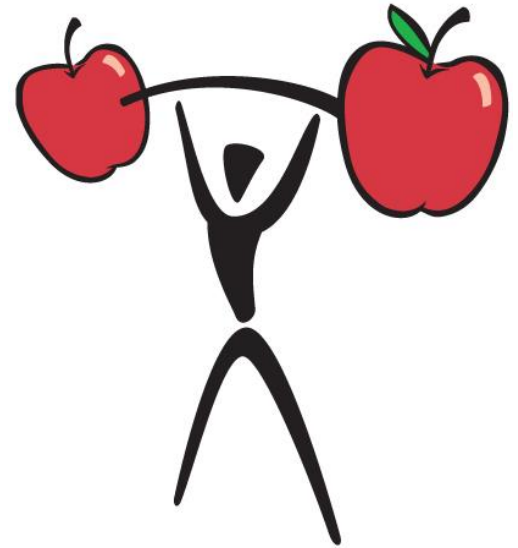
Aspirus Occupational Health/Primary Care

May 2017

## May is National Physical Fitness and Sports Month

The Aspirus School District of Rhinelander Clinic is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Wisconsin, 50% of adults don't get the recommended amount of physical activity.



The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!

### School Year Clinic Hours

- Monday: 3pm-5:30pm
- Tuesday: 11am-1pm
- Wednesday: 3pm-5:30pm
- Thursday: 11am-2pm
- Friday: 2:30pm-4:30pm



### Dates to remember :

- For those of you choosing to participate in the voluntary health insurance incentive, the deadline to have your 1<sup>st</sup> Health Coaching Session completed is May 26<sup>th</sup>, 2017.

# Melanoma/Skin Cancer Detection and Prevention



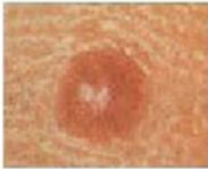



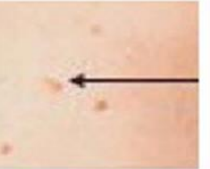




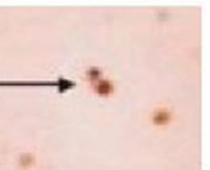
Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

During the month of May, join us in taking action to prevent skin cancer and reduce the risk of UV damage.

Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

Please review the chart below to learn how to identify characteristics of concerning skin lesions on you or your family members. If you are concerned about a particular skin lesion or lesion(s), please schedule an appointment at the onsite clinic and I am happy to perform a skin exam and make recommendations.

<b><u>The ABCDEs of Detecting Melanoma</u></b>					
	<b>A</b> Asymmetry	<b>B</b> Border	<b>C</b> Color	<b>D</b> Diameter	<b>E</b> Evolving
<b><u>NORMAL</u></b>	 Symmetrical	 Borders Are Even	 One Color	 Smaller Than 1/4 Inch	 Ordinary Mole
<b><u>MELANOMA</u></b>	 Asymmetrical	 Borders Are Uneven	 Multiple Colors	 Larger Than 1/4 Inch	 Changing in Size, Shape and Color

## In review from previous issues:



### Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770**.



### MyAspirus Frequently Asked Question:

*Can I view a family member's health record or schedule an appointment for my child through MyAspirus?*

**Yes you can!** This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



### Mental Health Services:

#### ***Counseling services are available!***

Aspirus Licensed Professional Counselor, Steve Kuhn, provides counseling services in Rhinelander at no cost to you. For help with stress, depression, and anxiety. Call 800.236.4457 today to schedule your appointment.



### **Location**

665 Coolidge Ave. Door #7  
Rhineland, WI 54501  
(Northwest side of the building)

### **Aspirus SDR Clinic Line**

715-365-9770

