



May is National Physical Fitness and Sports Melanoma Awareness 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 **Ohio** nearly **80%** 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

Melanoma Warning Signs: ABCDE

To help spread awareness and make the melanoma warning signs memorable, the signs of a possible malignant mole can be abbreviated to the mnemonic: ABCDE



A - Asymmetry: is the mole asymmetrical? If you imagine a line drawn across the center of the mole, if the two halves do not match then they are considered asymmetrical. If you have an asymmetrical mole seek medical assistance.

B - Border: does the border or edge of the mole look uneven? If so, please seek medical advice.

C - Color: is the mole one uniform color? If there are several colors or shades of a color within a mole this could be a warning sign. Seek medical assistance.

D - Diameter: how big is the mole? Melanomas often have a diameter of 6mm (1/4inch) or more (diameter is the length across the mole).

E - Evolving: has the mole changed in shape, size or color? Have you noticed any other changes such as bleeding, itching or puss coming from the mole? These may be signs of a malignant mole so seek medical assistance.

As with many other types of cancer, treatments are more successful when there is early detection. However, unlike most cancers, melanoma does normally not respond well to chemotherapy, radiotherapy or medication.

When melanoma is at a later stage and has metastasized (spreading to other parts of the body), treatment options are limited and palliative care is the main course of action.

Drug treatments for melanoma, when successful, do not provide a cure. They may extend life for a time measured in months not years. There will always be exceptions and some people with metastatic (stage 4) melanoma will live for many years after diagnosis.

However, the prognosis for advanced melanoma is normally not good hence early detection is critical for success.



Farmers' markets are one of the oldest forms of direct marketing by small farmers. From the traditional "mercados" in the Peruvian Andes to the unique street markets in Asia, growers all over the world gather weekly to sell their produce directly to the public. In the last decade they have become a favorite marketing method for many farmers throughout the United States, and a weekly ritual for many shoppers.

In a farmers' market, a group of farmers sell their products once or twice a week at a designated public place like a park or parking lot. Some farmers' markets have live entertainment. Shopping at a farmers' market is a great way to meet local farmers and get fresh, flavorful produce. Use our map to find one near you!

<http://www.localharvest.org/farmers-markets/>



How Much Sunscreen is Enough?

To achieve the Sun Protection Factor (SPF, which protects against the sun's UVB radiation) reflected on a bottle of sunscreen, you should use approximately two milligrams of sunscreen per square centimeter of skin. In practice, this means applying the equivalent of a shot glass (two tablespoons) of sunscreen to the exposed areas of the face and body – a nickel-sized dollop to the face alone. If you're using a spray, apply until an even sheen appears on the skin. Remember that sunscreen needs to be reapplied every two hours, or more frequently after swimming, heavy perspiration, or toweling off. Also remember, no matter how much sunscreen you

apply, the SPF should be 15 or higher for adequate protection – and ideally 30 or higher for extended time spent outdoors.

In addition to using sunscreen, seek shade whenever possible, and wear sun-protective clothing, broad-brimmed hats, and UV-blocking sunglasses.

<http://northwestohioevents.net>

Welcome to Northwest Ohio Events Calendar



Welcome to our 2016 calendar of events for Northwest Ohio. Throughout this site you will find many different events happening around the Northwest Ohio area. These areas include the counties of Williams, Paulding, Defiance, Fulton, Henry and Van Wert, Ohio. We have recently expanded our services into more counties. So keep an eye out for an event near you! Watch us as we grow into one of the best places on the net to find your **Northwest Ohio Calendar of Events.**

Seasonal Eating

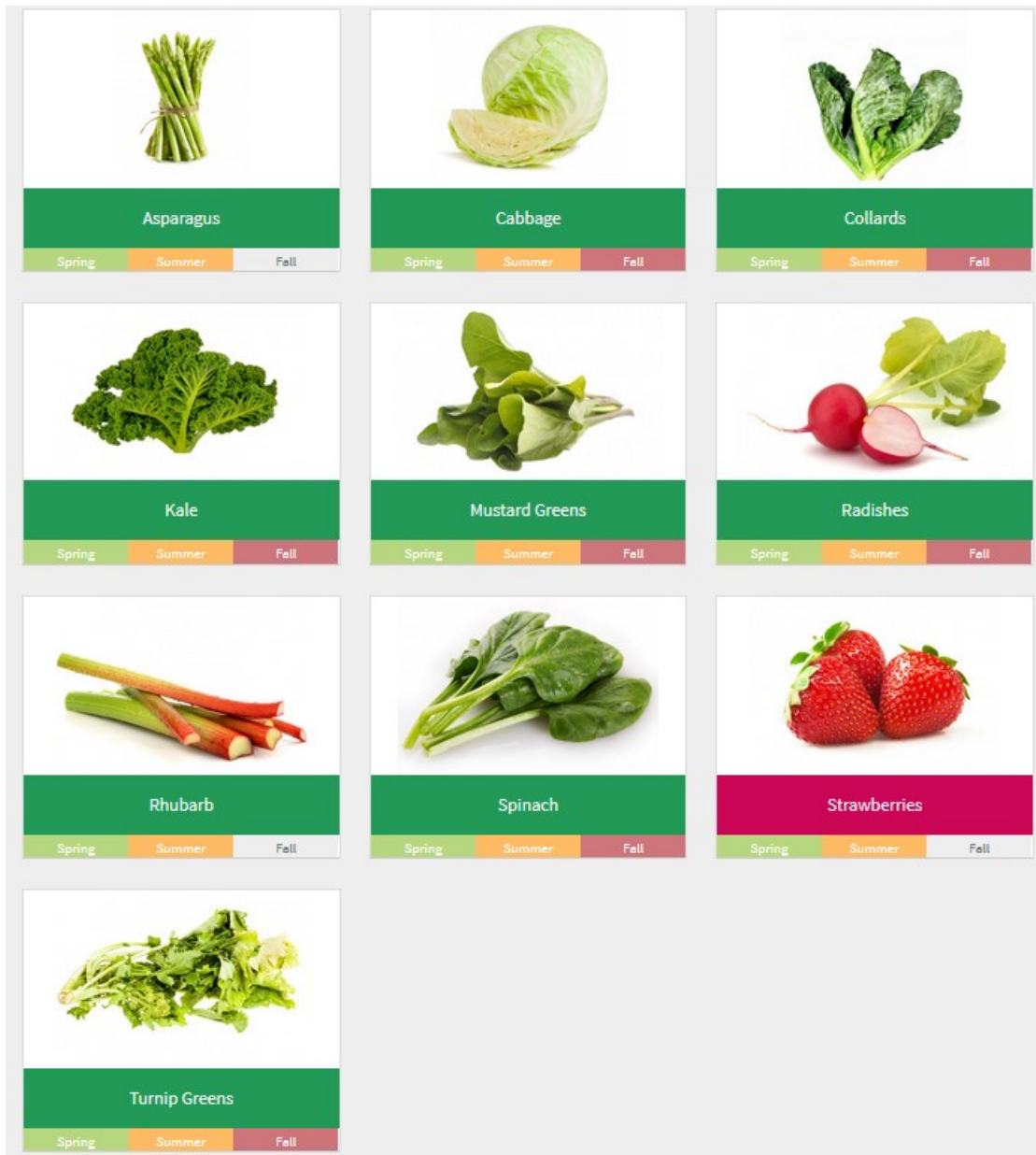
A tart, crunchy apple on a brisk fall day...the juice of a ripe early-summer peach trickling down your chin...the amazing sweetness of just-picked corn: Is anything more delicious than eating foods in season?

Eating foods when nature produces them is what people the world over have done naturally through most of history.

Seasonal eating means two things, really: building meals around foods that have just been harvested at their peak and adjusting your diet to meet the particular health challenges of winter, spring, summer and fall. While it may seem like a luxury to have any food we want, anytime we want it, eating foods in season offers many benefits.

For starters, it connects us to the calendar and often to one another, reminding us of simple joys — apple picking on a clear autumn day, slicing a juicy red tomato in the heat of summer, celebrating winter holidays with belly-warming fare. Secondly, produce picked and eaten at its peak generally has more vitamins, minerals and antioxidants than foods harvested before they're ripe and then shipped long distances.

Eating seasonally often means eating locally grown foods, so it's good for the environment too: It supports small and midsize local farmers, cuts down on pollution from shipping and trucking food and reduces your carbon footprint. And if all that's not enough to get you to make some simple switches in your diet, consider this: In-season foods save you money.



What's in Season in Ohio When? Check the Ohio Farm Bureau Website for an easy to use tool to find out what is currently in season in Ohio. The chart above shows the fruits and vegetables that are at their best in May in Ohio.

<https://ofbf.org/whats-in-season/>

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