

VOLUME 2, ISSUE 5, JUNE 2017





\$89 Retail Value



FACIAL WASH, PROTECTING HYDRATOR SPF 30, HYDRATING BALM. INTENSIVE AGE REFINING TREATMENT, EXLINEA PEPTIDE TREATMENT, PEPTIDE LIP THERAPY

\$350 Retail Value

This past spring, RCHD was buzzing with interest

entered in a drawing for PCA Skincare products. These were our winners!



\$108 Retail Value

in our aesthetic services and skincare line! Every person who attended an informational session or stopped in to learn more, was



RCHOHealth Hints

With Cinsey Mills-Bounds, PA-C

Melanoma

Melanoma is a serious form of skin cancer. It can occur anywhere on the skin. Repeated sun exposure (especially being sunburned) and UV light exposure (i.e. tanning beds) can cause cells to become damaged and multiply rapidly causing the skin cancer. Melanoma produces changes in normal moles and birthmarks. Those changes are known as the A,B,C,D & E's.

- Asymmetry- the mole does not look the same on both halves
- Border- the border of the mole is uneven or jagged
- Color- the mole may contain different pigments of brown or black, you may also notice other colors such as red, purple or blue
- Diameter- the mole is larger than 6mm, which is the size of a pencil head eraser

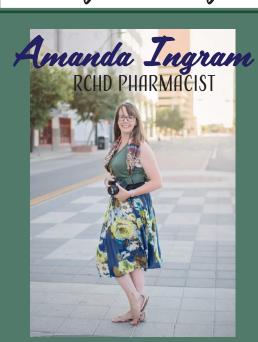
Evolution- the mole may change over time

Melanoma if caught early is normally curable. Ways you can help protect yourself are to:

- -Wear SPF 15+ when in the sun; and reapply frequently. Especially after swimming.
- -Cover up with long sleeves, pants, and a hat
- -Avoid staying outside during times when the sun is the brightest (between 10am-4pm)
- -Do not burn
- Avoid tanning or tanning beds
- -Monitor moles for changes
- -Schedule a yearly skin exam

If you are concerned about a mole, schedule a skin exam with one of our providers! We are able to perform skin biopsies in the RCHD Clinic or provide you with a dermatology referral.

RCHD Employee Spotlight



Hometown

Delta Ohio

College Attended

Ohio State University

Degree(s) Received

B.S. Agriculture Pharm D

(DOCTORATE OF PHARMACY)

Years With RCHD

Hobbies

Photography www.facebook.com/nizhonip/

JUNE PROVIDER SCHEDULE



6/5-6/9 Bownds & Sue 6/9-6/11 Baldree 6/12-6/16 Baldree & Wilborn 6/16-6/18 Bownds 6/19-6/23 Bownds & Sue 6/23-6/25 Bladree 6/26-6/30 Graham & Wilborn