



EMPLOYEE SPOTLIGHT

Heather Raulerson, Radiation Therapist

A dedicated professional, known to be personable and outgoing, Heather Raulerson loves both her job and her patients at the Lake City facility. Beginning as an assistant six years ago, with Dr. Schilling's help, Heather became a radiation therapist and has spent the last five years administering treatment and helping coordinate patient and therapist scheduling. "My patients," she says, "have courage facing cancer, and knowing they depend on me for help for pain relief or just to help them have a little more time with their family, keeps me working hard."

Heather graduated from Santa Fe Community College in Gainesville with a Radiologic Technologist degree. She received her Radiation Therapy degree from Florida State College in Jacksonville.

Married for 18 years, Heather is also mom to three beautiful daughters ages 15, 12, and 5. She enjoys spending time with her family and singing is her favorite hobby.

CELEBRATING LIFE: CANCER SURVIVORS DAY

Community Cancer Center of North Florida recognizes the tremendous importance of acknowledging cancer survivors, as well as those who stand alongside them in their courageous battles, and we set aside one day each year to host a very special celebration in their honor.

On June 4 in Gainesville, and on June 5 in Lake City, Community Cancer Center of North Florida treated our

cancer survivors, their families and their caregivers to a day of music, fellowship and fun at our Cancer Survivors Day celebration. This year, attendees enjoyed a western-themed hoe down featuring delicious barbeque from Sonny's and country music from the Boggy Creek Band. It was a great day for everyone to come together to laugh, cry, and share their stories of survival and triumph over cancer.

National Cancer Survivors Day, an annual celebration held in hundreds of communities throughout the United States and around the world, demonstrates that people can and do continue to live productive lives after a cancer diagnosis. This day of recognition provides an excellent avenue to educate the community that a history of cancer can be a tool of empowerment and strength. For more information about this celebration of life, to to www.ncsdf.org.

And, for more information on our local celebration, visit us on Facebook at Community Cancer Center of North Florida- Gainesville/Lake City.

it's summer time. 
protect your skin!



Remember Magda, the leathery, overly-tanned old woman in the popular movie *Something about Mary*? Hilariously comic character on film, yes, but in reality? Magda is the poster child for what not to do to take care of your

skin. Though deep tans are "out" as a trend and the world now (mostly) embraces pale as the new "in," it's not always easy to know how to protect yourself from the damaging effects of the sun, given the barrage of skin care information in the media. We know you want to enjoy all the fun of the summer season. By following these simple guidelines*, you can, safely:

PROTECT YOURSELF YEAR-ROUND:

Although we automatically reach for the sunscreen in the summer, it's important to protect yourself from harmful ultraviolet (UV) rays year-round, regardless of the weather. UV rays are always present, even on cloudy days, and can reflect off of surfaces like water, sand and snow.

AVOID THE HOTTEST PART OF THE DAY:



Not only is extreme summer heat draining during the hottest part of the day, UV rays are also the most hazardous. When possible, enjoy outdoor activities before 9 AM or after 3 PM (Central Standard Time).

SEEK SHADE:



If you do find yourself out mid-day during peak exposure time for UV rays, seek the shade of a shelter - a tree or umbrella. Not only will you reduce your risk of sun damage and skin cancer, you'll find relief from the heat.

WEAR PROTECTIVE CLOTHING:



Loose-fitting long-sleeved shirts and long pants (and a tighter weave is better) offer protection from UV rays. Darker colors may be more protective than lighter, as well. Dry clothing provides more protection than wet, and keep in mind that a typical t-shirt has a sun protection factor (SPF) of less than 15, so you'll still need sunscreen in addition to clothing for optimal protection.

Hats also provide protection from the sun's harmful rays. Choose hats that are tightly woven (canvas is preferable to straw), which have a wide brim all the way around. If a baseball cap is more your style, remember to put plenty of sunscreen on your neck and ears.

WEAR SUNGLASSES:



A good pair of sunglasses safeguards your eyes against the harmful effects of UV rays and can help prevent cataracts. The most protective ones wrap around and block both UVA and UVB rays. Most sunglasses sold in the United States meet these standards, expensive as well as inexpensive brands.

WEAR SUNSCREEN:



Did you know that in a mere 15 minutes, the sun's UV rays can damage your skin? Daily sunscreen application is your best defense against damage and disease. And not only is wearing it important, but wearing the right amount and the right kind is also key.

Sunscreens work by either reflecting, absorbing or scattering the sun's UVA and UVB rays. There are many products on the market, and finding one that works for you can be overwhelming. Ask your dermatologist to recommend a brand that will suit your skin's unique needs. At a minimum, make sure the products you purchase have an SPF rating of 15 or greater (the more the better), and make sure the label states that the product provides protection from both UVA and UVB rays.

Apply sunscreen liberally. One ounce (or two tablespoons) is usually what's needed to cover an adult's body. That's about the size of a shot glass. It's best to apply indoors, about 30 minutes before you plan to be outdoors.

*Content Source: Center for Disease Control, online at www.cdc.gov/cancer.

Healthy Connections is a publication of Community Cancer Center of North Florida and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

JUNE 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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