

MAY

1001 W. Broadway
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Good Health is Just Around the Corner

www.dhdrugstore.com



1814 Paris Road
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Mon–Fri: 8:00 AM – 8:00 PM
Saturday: 8:00 AM – 6:00 PM
Sunday: 10:00 AM – 6:00 PM

We will match any locally-owned competitor's price on compression garments.

May is Melanoma and Skin Cancer Detection and Prevention Month – “SPOT Skin Cancer”

With summer just around the corner it's time to Prevent, Detect, and Live when it comes to your skin. 1 in 5 Americans develop skin cancer.

Prevent - Seek shade, cover up, and wear sunscreen (SPF 30+).

Detect - Look for new or changing spots on your skin.

Live - See a dermatologist if you spot anything changing, itching, or bleeding.

Prevention also means of avoiding tanning beds. Tanning beds like the sun have ultraviolet light which can cause skin cancer and wrinkling of the skin. A healthier option is to use a sunless tanning lotion or spray or embrace your fair skin.

Early detection is the key in skin cancer. When looking at your skin, get help and make note of the ABCD and Es. You can even keep record from month to month. There is a great tool at AAD that can help you remember. <https://www.aad.org/spot-skin-cancer/learn-about-skin-cancer/detect-skin-cancer/what-to-look-for>

- 1) Asymmetry-one half does not look like the other
- 2) Border-note if the perimeter is irregular scalloped or poorly defined
- 3) Color-if the color is varied or changes throughout the mole. Shades can be tan, brown, black, white blue, or red
- 4) Diameter-melanomas are typically the size of a pencil eraser when diagnosed, but they can be smaller
- 5) Evolving-the mole is changing size, shape or color and looks different from the rest

If you notice any of the above or a mole that itches or bleeds, you should consult a dermatologist as soon as possible. There are several here in the Central Missouri area that can see you and determine the right course of action. If caught early, skin cancer is highly treatable.

People at greater risk for skin cancer include:

- Those who work or spend lots of time in the sun
- Those who have used tanning beds or sun lamps
- Those who have lived in an area that has intense sunlight most of the year

- Those with fair skin, freckles, blonde, or red hair and blue, green or gray eyes and skin that sunburns easily
- Those who have had multiple sunburns especially blistering sunburns
- Those who have more than 50 moles or who have had dysplastic or atypical nevi types of moles
- Those who have a family history of skin cancer
- Those who have a medical history of skin cancer, who have undergone an organ transplant, have had a bad burn, have had multiple x-rays, or have a disease that weakens the immune system
- Those who have been exposed to chemicals like arsenic, coal or industrial tar
- Those who smoke or chew tobacco

Did you know that there are seven different types of skin cancer? Each has unique characteristics.

Types of skin cancer:

- Actinic keratoses (AKs)
- Basal cell carcinoma (BCC)
- Melanoma
- Squamous cell carcinoma (SCC)
- Merkel cell carcinoma (MCC)
- Sebaceous carcinoma
- Dermatofibrosarcoma protuberans (DFSP)

Overall, the most common warning sign of any type of skin cancer is a change in your skin. If you have concerns, set up an appointment with the dermatologist and remember that there are numerous treatments for skin cancer and even the most deadly melanoma has an almost 100% cure rate if caught early.

For additional information on Skin Cancer from the **American Academy of Dermatology** visit:

<http://www.aad.org/spot-skin-cancer/understanding-skin-cancer> and

click through for information on skin cancer and learn more about Spot Skin Cancer, an educational campaign by the American Academy of Dermatology.

Remember Sunscreen needs to be an SPF of 30 or high and needs to be broad spectrum-protecting from UVA and UVB rays.





Protect your Skin!
10% off all Sunscreen

May Dates to Remember

- | | |
|------------------------------|-------------------------|
| May 1-May Day | May 10-Mother's Day |
| May 5-Cinco de Mayo | May 17-Armed Forces Day |
| May 6-National Teacher's Day | May 25-Memorial Day |
| May 8-VE Day, WWII | |

Perfect for Mother's Day!
10% off all Vitabath
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May Recipe – Mother's Day In - Brunch
Goat Cheese, Artichoke, and Smoked Ham
Strata-Midwest Living

<http://www.midwestliving.com/food/breakfast/25-festive-brunch-recipes/?page=17>

Ingredients

- 2 cups whole milk
- 2 tablespoons olive oil
- 1 1 - pound loaf sourdough bread, cut into 1-inch cubes (about 12 cups)
- 5 eggs
- 1 1/2 cups half-and-half or light cream
- 1 tablespoon minced garlic
- 1 1/2 teaspoons herbs de Provence
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon freshly ground nutmeg
- 1/2 teaspoon dried sage, crushed
- 1/2 teaspoon dried thyme, crushed
- 8 ounces goat cheese (chevre), crumbled
- 12 ounces smoked ham, chopped
- 3 6 - ounce jar marinated artichoke hearts, drained and halved lengthwise
- 6 ounces Parmesan cheese, finely shredded (1-1/2 cups)
- 4 ounces fontina cheese, shredded (1 cup)

Directions

Grease a 3-quart rectangular baking dish; set aside. In a very large bowl combine milk and olive oil. Add bread cubes and stir to coat. Let stand 10 minutes.

- 1) In a large bowl whisk together eggs, half-and-half, garlic, herbs de Provence, pepper, nutmeg, sage, and thyme. Whisk in goat cheese until combined; set aside.
- 2) Spread half of the bread cube mixture in the bottom of the prepared dish. Top with half of the ham, artichoke hearts,

and cheeses. Repeat layers and drizzle egg mixture over all. Cover and chill for 2 to 24 hours.

- 3) Uncover and bake in a 350 degree F oven for 1 hour or until set in the center and edges are browned. Let stand 10 minutes before serving. Makes 8 to 10 servings.

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Summer Items at D&H

Blue Lizard Sunscreen

Baby, Face, Sensitive, and Sport

- Made in Australia
- Dermatologist recommended
- Baby and Sensitive are Paraben, Chemical and Fragrance Free
- Sport is highly water resistant
- Face is enriched with antioxidants and is oil free
- All have zinc oxide. Baby and sensitive have titanium dioxide
- All are SPF 30+ and are Broad Spectrum UVA/UVB



Putty Buddies

- Floating Ear Plugs for Swimming
- Great colors for kids and adults
- Made of Silicone



May Specials

Reg. Price	Sale Price
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	Carmex Everyday Ultra Smooth Lip Balm SPF 15 .15 oz.	\$1.69	\$1.25
	Ear Band It with Putty Buddies	\$16.99	14.99
	Leader Muscle Rub Ultra 2 oz.	\$4.09	\$3.49
	Leader Vitamin E Gel 16 oz.	\$5.99	\$4.75
	Biofreeze Clear Gel 4 oz.	\$16.99	\$12.50

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Thank you for making us your hometown pharmacy!
Visit with us at the Hello Baby Expo – June 13!