



**Essex and Union Counties**

**Spring 2022**

**Happy Nurses' Month**

Celebrate the nursing profession!

We appreciate and thank all our nursing colleagues for their dedication during National Nurses Month.



# ***May is Melanoma Awareness Month***

## **Skin Cancer in Skin of Color**

**May is Melanoma Skin Screening month, have you been screened?**

**Yolanda Scipio-Jackson BSN, RN, RP**

Melanoma is a cancer that begins in the melanocytes. These are the cells responsible for producing the skin coloring or protective pigment called melanin.

Skin of color applies to African Americans, Asians, Latinos and Native Americans.

When skin cancer is diagnosed in people of color, it's often in a late stage. Skin cancer is curable when caught early however when found in its later stages is more difficult to treat. When diagnosed with Melanoma in later stages, the result may be deadly.

Melanoma is a cancer that usually begins on the skin and has the potential to spread to other organs if not found or treated early.

People with skin of color should pay special attention to the palms of the hands, soles of the feet, the fingernails, toenails, mouth, groin, and buttocks.

Let's review a few myths pertaining to skin of color and melanoma:

### **Myth: People with darker skin don't get melanoma**

**Fact:** "Melanoma does not discriminate!" People with fair skin and lighter eye color are indeed at higher risk for this type of skin cancer, however it strikes people of all races and skin color. People with darker skin are more often diagnosed at a later stage of the disease (after it has spread) thus, they are less likely to survive it than people with lighter skin.

### **Myth: Melanomas always appears dark in color**

**Fact:** Sometimes, these cancers look pink, red, purple, or colorless. "A spot on your skin that is asymmetrical or has an irregular border should still be checked out, no matter what color it is."

### **Myth: You need sun exposure without sunscreen to get the vitamin D you need**

**Fact:** It's true that your skin will produce vitamin D when you expose it to the sun without protection, but that exposure also increases your risk of skin cancer. "It's safer to get vitamin D from foods like milk and cereal products that have vitamin D added, or from supplements."

### **Warning signs that a growth may be melanoma:**

- A new or changing growth (change in size, shape, or color)

- A sore that does not heal
- The spread of pigment from the border into nearby skin
- A change in sensation (itchiness, tenderness, or pain)
- The change in the surface of a mole (oozing, bleeding, or a new bump or nodule)
- A mole that stands out or looks different from your other moles
- A brown or black streak or spot underneath a nail

Prevent skin cancer by staying out of intense sunlight for prolonged periods of time. Wear protective clothing, sunglasses, and a hat. Use sunscreen with a sun protection factor (SPF) of 15 or higher and reapply several times throughout the day. Check your skin thoroughly once a month and have a yearly skin screening with a dermatologist.



#### References:

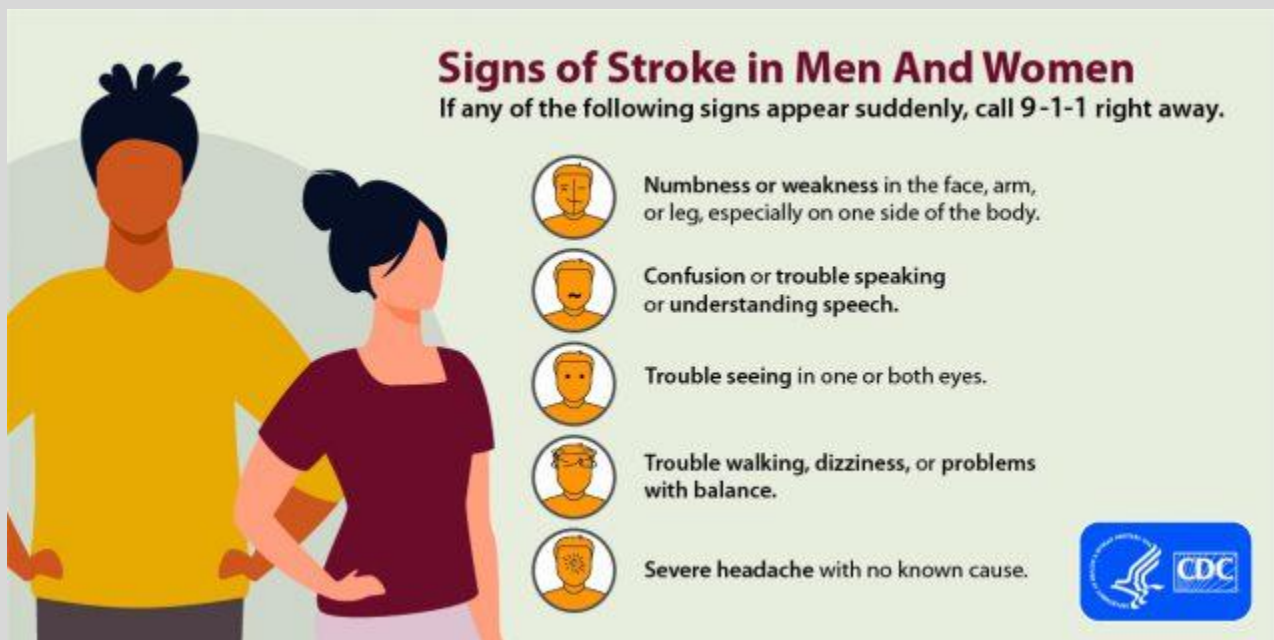
[Skin cancer in people of color \(aad.org\)](https://www.aad.org/skin-cancer-in-people-of-color)

[Why You Should Know About Melanoma \(cancer.org\)](https://www.cancer.org/why-you-should-know-about-melanoma)

[Here's the Truth about 13 Melanoma Myths | Banner Health](https://www.bannerhealth.com/healthcare/13-melanoma-myths)

# Stroke Awareness Month

- Stroke is the fifth leading cause of death for women and the leading cause of death in men.
- 1 in 5 women will have a stroke between the ages of 55 and 75, while men under 44 years are hospitalized for ischemic stroke at a higher rate than women. However,
- Stroke is the leading cause of death in African American women and the fourth for Hispanic women.
- Comorbidities such as hypertension, diabetes and obesity disproportionately affect minority groups.



The [WISEWOMAN](#) program provides low-income, underinsured, or uninsured women with chronic disease risk factor screening, lifestyle programs, and referral services in an effort to prevent heart disease and strokes

## References

[Women and Stroke | cdc.gov](#)

[Men and Stroke | cdc.gov](#)

# REGION 3 HIGHLIGHTS



**RACHEL LYONS WILL BE PRESENTING IN  
SCOTLAND THIS SUMMER AT SIGMA'S 33<sup>RD</sup>  
INTERNATIONAL NURSING RESEARCH CONGRESS  
JULY 21-25.**

**PRESENTATION TITLE: ADOLESCENTS' USE OF URBAN  
GREEN SPACE: AN INTEGRATIVE REVIEW**

**CONGRATULATIONS**

Don and Divas Gala



Nurses  
Night  
Out







# LEGISLATIVE CORNER

## ACTION ALERT: TAKE ACTION CONTACT YOUR LEGISLATURE

CONTACT YOUR SENATORS TO SUPPORT THE:

### H. R. 1195 BILL

“WORKPLACE VIOLENCE PREVENTION FOR NURSES”

**1 IN 4 NURSES IS ASSAULTED AT WORK**

Link to bill:

[Text - H.R.1195 - 117th Congress \(2021-2022\): Workplace Violence Prevention for Health Care and Social Service Workers Act | Congress.gov | Library of Congress](#)

#### 220TH NEW JERSEY LEGISLATIVE SESSION

##### NURSING BILLS:

- **A223** “CONSUMER ACCESS TO HEALTHCARE ACT” ELIMINATES REQUIREMENT OF JOINT PROTOCOL WITH PHYSICAL FOR ADVANCED PRACTICE NURSES TO PRESCRIBE MEDICATION.
- **S304** ESTABLISH MINIMUM REGISTERED PROFESSIONAL NURSE STAFFING STANDARDS FOR HOSPITALS AND AMBULATORY SURGERY FACILITIES AND CERTAIN DHS FACILITIES.
- **A244** REQUIRES HOSPITALS TO ESTABLISH NURSE STAFFING COMMITTEES.
- **A256** AND **S732** REQUIRES HEALTH CARE FACILITIES TO ADOPT AND IMPLEMENT POLICIES TO PREVENT EXPOSURE TO SURGICAL SMOKE VIA USE OF SMOKE EVACUATION SYSTEM.

WE ENCOURAGE ALL MEMBERS TO CONTACT THEIR LEGISLATIVE REPRESENTATIVE TO  
SUPPORT NURSING BILLS.

FIND YOUR NJ LEGISLATOR AND BILLS

<https://njleg.state.nj.us/>



# *Region 3 Board*





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County Members-at-Large: Sandra Baker & Lynda Arnold Davis/ Nominating Committee  
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Marlene McLeod-Douse, Lucinda Swinton, Courtney Reinisch

**KEEP IN TOUCH!**

**We would love to hear from our members.**

**Please let us know of any recognitions, publications, presentations.**

**Send us questions, ideas, or comments to**

**[njsnaregion03@gmail.com](mailto:njsnaregion03@gmail.com)**

Elsie A. Rivera, DNP, APN, FNP-C

VP Communications Region 3