

- August—The Blue Moon
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- Skin cancer—record high
- Just Diagnosed
- Dorking Minds
- Buddies report
- Bob Marley & Melanoma
- And more.....



August

The time of the Blue Moon

On Wednesday 30 August, 2023, a Blue Moon will shine brightly in the night sky. It is a monthly Full Moon—the second Full Moon in August. The first full moon, the Sturgeon Moon, was on 1st August. And no, the Blue moon will not turn blue, the usual silvery/grey colour may have a slight tint of blue or red, but this very much depends on atmospheric conditions.

We typically have 12 full moons each year, one per month, with each of these having their own name, as shown below:

January: **Wolf Moon**
February: **Snow Moon**/Storm Moon/ Hunger Moon
March: **Worm Moon**/Milk Moon
April: **Pink Moon**/Egg Moon/Fish Moon
May: **Flower Moon**/Hare Moon/ Corn Planting Moon/Milk Moon
June: **Strawberry Moon**/Honey Moon/Rose Moon/Mead Moon
July: **Buck Moon**/Thunder Moon
August: **Sturgeon Moon**/ Grain Moon
September: **Corn Moon**/Harvest Moon
October: **Hunter's Moon**/Harvest Moon
November: **Beaver Moon**/Frost Moon
December: **Cold Moon**/Long Night Moon/Oak Moon

The principal name is shown in **bold**, but depending on culture, other names are used.

But Blue Moons are a bit different.

The cycle of the Moon - the time it takes to go through its different phases (waxing and waning)- takes 29.5 days to complete.

This means that 12 full cycles take 354 days, which is less than the 365 days (or 366 days) in our calendar year.

So, roughly every two and a half years a full moon appears twice within the same month.

This 13th full moon of the year does not fit with the normal naming scheme, so is instead referred to as a Blue Moon.

It is said that the term *blue moon* originated from the 16th-century expression “the Moon is blue,” meaning something that was impossible. For two years following the eruption in 1883 of the Krakatoa volcano in Indonesia, people around the world reported seeing strangely coloured sunsets and a Moon that appeared blue. With this possible, but uncommon, occurrence, “once in a blue moon” came to mean rare rather than impossible.

The phrase “once in a blue moon” is also used idiomatically, which means once after a long time

Altruistic August

Let's create a wave of kindness to spread around the world.

Altruistic August 2023

MONDAY



TUESDAY

1 Set an intention to be kind to others (and yourself) this month

WEDNESDAY

2 Send an uplifting message to someone you can't be with

THURSDAY

3 Be kind and supportive to everyone you interact with

FRIDAY

4 Ask someone how they feel and really listen to their reply

SATURDAY

5 Spend time wishing for other people to be happy and well

SUNDAY

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Action For Happiness provides Well-Being Talks. Each event lasts for 1 hour. For Further information on how to join please go to: <https://actionforhappiness.org/talks>.



NEXT TALK COMING UP

Shift Your Mindset

MEERA PHULL

Wed 13
September

ONLINE EVENT

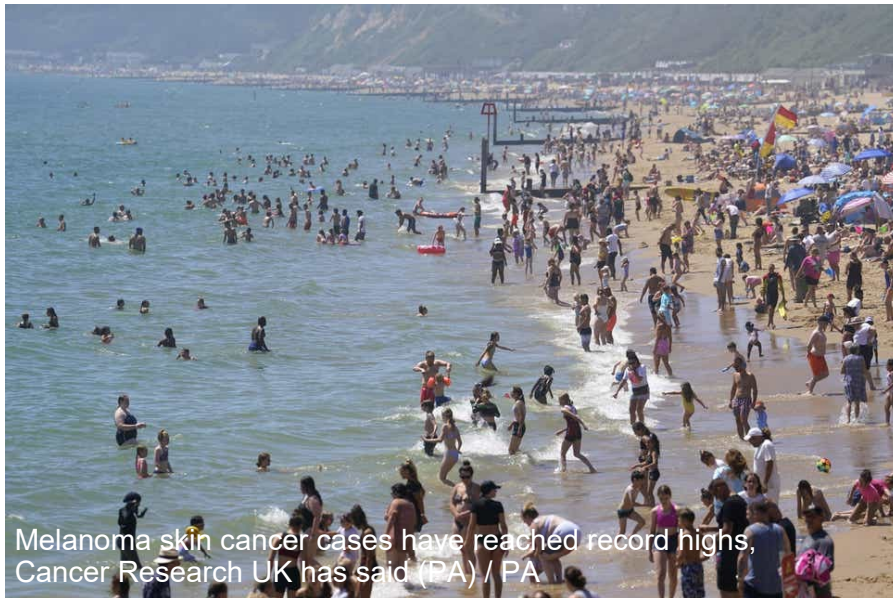
19:00-20:00

News From The World of Melanoma

Evening Standard

By [Ella Pickover](#) [Daniel Keane](#) | 07 July 2023

Warning as skin cancer cases reach record high



Melanoma skin cancer cases have reached record highs, Cancer Research UK has said (PA) / PA

The boom of cheap package holidays in the 1960s has been linked to a rise in a serious type of skin cancer among older adults, a charity has suggested.

Cancer Research UK said that melanoma skin cancer diagnoses across all age groups have reached a record high – with 17,500 people diagnosed each year in the UK.

The charity pointed to a particular rise in cases among adults aged 55 and over.

Case rates among this age group have risen by 195% since the 1990s – between 1993 and 1995 21.3 people aged 55 and over were diagnosed with melanoma out of every 100,000, this rose to 62.9 cases per 100,000 in 2017-2019.

“The rise in rates in over-55s is likely to be linked to trends to have tanned skin and the cheap package holiday boom dating from the 1960s before people became more aware of skin cancer,” the charity said.

Other factors could also be at play, including a growing and ageing population as well as more people getting their skin checked when they notice changes.

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News From The World of Melanoma

Evening Standard

By [Ella Pickover](#) [Daniel Keane](#) | 07 July 2023

Cont'd from previous page

The charity has estimated that across all age groups, melanoma skin cancer cases could increase by around 50% over the next 20 years, hitting a record 26,500 a year by 2040.

But despite the rise in cases, deaths from the disease are decreasing, it said.

CRUK said that early diagnosis and treatment means that more people than ever will survive the disease.

Cancer Research UK's chief executive Michelle Mitchell said: "Our new analysis paints a mixed picture for cancer patients and the staff who care for them – while it's promising that more people are seeking treatment for skin cancer earlier and survival is improving, it's alarming that cases of the disease could soar over the coming years.

"Melanoma is the UK's fifth most common cancer, and we know that 86% of these skin cancers could be prevented.

"It's important to take care in the sun and to contact your GP if you notice any unusual changes to your skin – it's not just changes to a mole that matter, it could be a sore that doesn't heal or any unusual changes to an area of your skin. Spotting cancer early can make all the difference."

Cancer Research UK's head of health and patient information Dr Julie Sharp added: "Whether you are holidaying abroad or enjoying the good weather closer to home, it's important to take steps to reduce your risk of skin cancer, especially if you burn easily. And remember sunburn doesn't just happen on the hottest days, you can still get burnt when it's cloudy.

"The best way to protect your skin when the sun is strong is to spend time in the shade, especially between 11am and 3pm in the UK, and to cover up with a T-shirt, hat and sunglasses. Wearing sunscreen will also help you stay safe in the sun. Make sure you put plenty on and reapply it regularly."

A new mole or a change in an existing mole may be signs of melanoma.

Neil Daly, Chief Executive Officer, Skin Analytics, said: "The escalating rates of skin cancer, especially among older adults, present a formidable challenge for the NHS, which already faces immense pressure. As a health technology company, Skin Analytics is dedicated to mitigating this pressure.

"Our DERM tool, will be in use across thirteen NHS systems by the end of summer, and has already been used with and evaluated over >55,000 patients, pinpointing more than 4,200 cancers. This indicates the transformative potential of integrating AI into healthcare, facilitating a more efficient and patient-centred service."

News From The World of Melanoma



MRF is the leading melanoma foundation in the USA.

<https://melanoma.org/patients-caregivers/newly-diagnosed/>

Just diagnosed with melanoma?

If you're reading this, you or someone you know has undergone a biopsy or other tests in which the diagnosis of melanoma has been confirmed. First, know that you are not alone. Second, arm yourself with information and resources. Attend a symposium or view a webinar (webinars are available on this website) to learn more about your diagnosis and possible treatment options.

What You Need to Know

1. You have been given a diagnosis, not a death sentence.
2. Melanoma survival statistics describe a group of similar patients...but they may have nothing to do with your chance of survival.
3. Often for melanoma treatment, there is no single answer. Every case is different.
4. It is important to be an active participant in your treatment. Be your own advocate.
5. Write everything down and take someone with you to doctor's appointments.

Upon receiving a melanoma diagnosis, you will receive a stage of diagnosis. Your stage helps the melanoma treatment team develop an appropriate plan for you. Your stage will also help determine your prognosis, or outlook. Additional tests, including blood work, bone scans, CT scans, MRI scans, PET scans and Sentinel Lymph Node Biopsies may also need to be done to determine your stage.

Be sure that your melanoma treatment team has done the following:

- Given you a stage of diagnosis
- Tested your melanoma for genomic mutations, such as BRAF, KIT, NRAS, etc. (Note: genomic mutations are mutations found in the melanoma tumour that may help guide your treatment)
- Spoken to you about all available treatment options, including those options that are approved by NICE and those that are currently in clinical trials
- Discussed with you the pros and cons of each treatment option and allowed YOU to make the decision you feel most comfortable with.

If you don't feel comfortable with your diagnosis or treatment team, don't be afraid to get a second opinion.

News From The World of Melanoma



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Preparing For Appointments

Take someone with you to your appointments and be prepared with questions to ask your doctor. Write down the answers so you don't forget. Research shows that patients who bring someone else to their doctor visits better understand their doctor's advice, are more likely to talk about tough topics and are more satisfied with their doctor.

Questions to Ask Your Doctor

INFORMED AND EMPOWERED MELANOMA PATIENTS
LIVE LONGER, BETTER LIVES.

Treatment-Related Questions

- What are my **treatment options**? Would you recommend any of the **immunotherapies** or **targeted therapies** that have been approved over the last few years?
- Which **clinical trials** should I consider?
- What treatment plan do you recommend?
- Have you tested my melanoma for genetic mutations such as the BRAF mutation? What about other mutations?
- What will be our "Plan B" if "Plan A" doesn't work?
- Will I receive my treatment here or at another center?
- What are the **side effects** of the treatment you recommend?
- How and when should I report side effects to you?
- Will I be able to continue my normal daily life?
- Should I continue to see a dermatologist? How often?
- Should I get a second opinion?
- What type of follow-up care will I need?

Diagnosis-Related Questions

- Why do you think I have melanoma?
- Do I need a biopsy?
- When will I know the results?
- Will I have a scar from the biopsy?
- Have you checked my body for other possible lesions?
- What is my stage?
- Do I need more tests to determine my stage?
- If I need more tests, what will they be?
- How will you determine if the cancer has spread?
- Has the cancer spread to my lymph nodes?
- What type of follow-up will I need?
- Will I develop a new melanoma?
- Should I get a second opinion?
- Do I need regular scans or a brain scan?
- Do you know what my Breslow Measurement is?

News From The World of Melanoma



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<https://melanoma.org/patients-caregivers/newly-diagnosed/>

Have Additional Questions?

Don't forget to visit our Patient Resources section!

<https://melanoma.org/patients-caregivers/cutaneous-melanoma/resources-cutaneous/>

Are you a caregiver to a loved one who was just been diagnosed with melanoma?

A care giver can be any family member, friend, or professional carer.

Caregiver Support Guide

A Comprehensive Guide Written by Caregivers for Caregivers

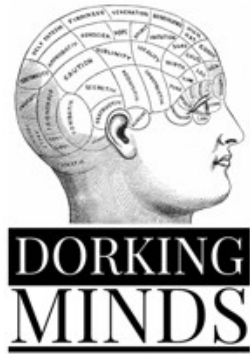
To view a highly informative "Flip Book" to help you.

Visit: <https://online.flippingbook.com/view/287803/>

We look forward to seeing all those that have booked for the summer BBQ on Saturday 19th August, 6:30 K.O. An evening of food, talk, refreshments, visiting speakers and live music.



News From The World of Melanoma



presents...

Dealing with a Cancer Diagnosis

Claire Francis - Counselling with Cancer

Claire Francis is a local counsellor in Surrey and offers Mental Health support for those who are going through a cancer diagnosis.

Claire is presenting a talk in October to explain the mental impact of a cancer diagnosis for the patient and their network. There will be a time for questions at the end and Dorking Minds volunteers will be available to offer support at the end of the session

Monday 23rd October 2023
Quaker Meeting House, Dorking
7.30pm - 9pm

Book your free space - <https://bit.ly/3D06bNG>



MelaNoMore's Buddies and Friends

Join the conversation – we are looking for both “friends” and “buddies” to match together

“It is so good just to talk – we discuss all sorts of different subjects and have formed a real friendship”

MelaNoMore Buddies
Let's talk

A 2020 study of 100,000 Brits found that confiding in others appears to reduce the risk of depression by 21%

Whether you have just received your diagnosis, are undertaking treatments, still on the road to recovery, or a family member trying to make sense of it all, you may be feeling anxious, fearful, apprehensive. MelaNoMore is here to help. We cannot give medical advice, but we can give a listening ear and the chance to chat with someone who understands what you're going through.

For further information: visit www.melanomore.net/buddies/ or email: melanomore.buddy@gmail.com

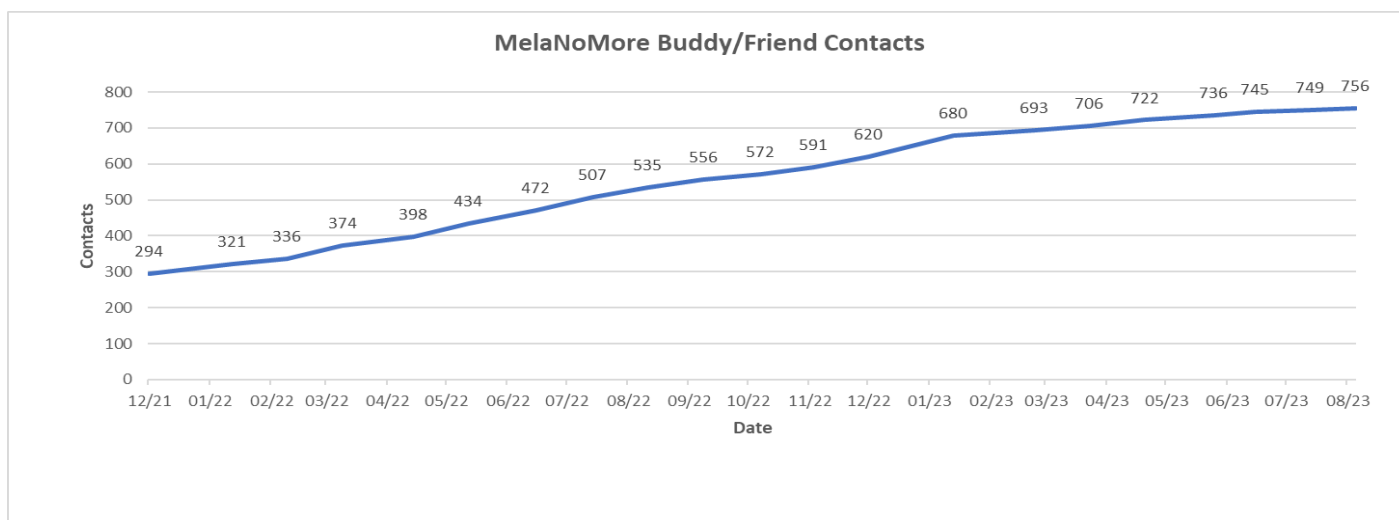
Chris Caswell, Lead – MelaNoMore Buddies

The MelaNoMore Buddies system continues to offer support via the Buddy / Friend one to one pairing. A Buddy, who perhaps has had more experience of the melanoma path and process, is paired with a Friend, who is possibly newer and in need of support and a listening ear.

This pairing offers support to share information, to discuss worries and concerns on a one to one basis, without the constraints of appointment time slots. This support pairing is away from the standard clinical appointments, on a more frequent basis, probably weekly or more.

Contacts are mostly by longer phone calls and interspersed with shorter ad hoc text or WhatsApp messages.

In just over two years Buddies have been in contact with 27 Friends to give support, shared 735 phone calls, texts, WhatsApps or emails. There have also been a total of 21 face to face meetings, including MelaNoMore group gatherings at the Loseley Park in April, the Guildford Masonic Centre in August and the most recent Christmas celebration at the Hogs Back Hotel in December. This gives a total of 756 support contacts since inception in October '20.



If you wish to join this support group, as either a Buddy or a Friend, please send an email to

[**group@melanomore.net**](mailto:group@melanomore.net)

This page is for your contributions to the Newsletter. There are no limits on content.

We are pleased to print this article provided by member Ed Farmer

Bob Marley died due to melanoma. He was only 36 years old.

His melanoma started under his big toenail in 1977. The first doctor that he consulted thought that it was a soccer injury. After it began to look worse, Marley consulted another doctor who biopsied the spot and discovered that it was melanoma. The recommendation was to amputate his toe, but Marley chose to have excision surgery instead, during which the surgeon removed the nail and surrounding tissue. Marley had no further treatment and did well until he collapsed in New York City in 1980.

He was rushed to the hospital and tests revealed that the melanoma had spread to his brain, lungs and stomach. He refused his doctor's treatment plan and went to Germany to try alternative treatments including exercise, ozone injections and vitamins. Marley's condition continued to worsen and he decided to charter a plane in order to return to Jamaica.

While in flight, Marley's condition became critical and the plane did an emergency landing in Miami where he passed away. He never made it back to his beloved Jamaica. Marley was reportedly only 82 pounds when he passed away. We share Marley's story every time we teach about melanoma because his story demonstrates that even people with darker skin can get melanoma. In addition, in those with dark skin melanoma often develops in places that do not get a lot of sun exposure like in the mouth, on the tongue, under finger nails and toenails and on the palms of the hands and soles of the feet.

RIP Bob Marley. Just like your music, your melanoma story lives on to educate people about the dangers.

Dr. Kevin T. Nash
MD, PhD, FAAD



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We are pleased to print this article provided by member Ed Farmer

Cont'd from previous page

Comment from the doctor:

We greatly appreciate everyone's continued interest and comments on our post. This has supported our original intent to increase awareness of melanoma and how deadly it can be if not caught early. In addition, we also wanted to raise awareness that melanoma can occur in patients of any skin type and in areas you may least expect. Fortunately, if caught early, surgery is curative. A simple yearly skin exam regardless of colour could save your life. As a physician scientist, who performed years of research in melanoma, it was not my intent to initiate a debate on the role of the sun and melanoma pathogenesis, which is still controversial and can vary based on melanoma subtype and location (i.e. lentigo maligna melanoma). However, the role of excessive sun exposure is NOT in debate in the pathogenesis of other skin cancers such as squamous cell carcinoma and basal cell carcinoma.

Studies in Australia have shown the use of sunscreen can reduce the risk of these skin cancers by 50% in patients as old as 75. Regardless of your personal choice to use sunscreen and sun avoidance and whether this may reduce your risk to get a skin cancer of any type, there is no doubt that an annual skin exam could save your life. Thank you for your continued contribution in enhancing melanoma awareness.

Dr. Kevin T. Nash
MD, PhD, FAAD

Editor's Comment:

I'm guessing not many knew that Bob Marley died of melanoma - I certainly didn't.

I think it's a good cautionary tale, the moral being go early to your doctor and listen to their advice. Of course back then there were no drugs as we have today, so it was surgery and if it had spread, more surgery. Given that scenario, I can understand his wish to pursue alternative treatments regardless of their effectiveness.

One can't say with certainty, but given the advances in immunotherapy it is entirely possible he would have survived in today's world.

We hope you enjoy this Newsletter. Please let us know or if you have, any suggestions for improvement or any articles you wish to publish. You can contact us on:

group@melanomore.net



MelaNoMore Vacancies

We continue to have vacancies on the Committee and are also in need of volunteers to assist the Committee with tasks or roles - such as:

- *Website designer
- *Deputy Newsletter Editor
- *Membership Secretary
- *Linked Site leads
- *Committee members

If you are interested in helping out with any of these roles or wish to join the Committee, then drop a line to

group@melanomore.net

Include your phone number and we will ring you back to discuss with you.

