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## Splendor in the Valley

Glenn Medical Foundation invites everyone to join them at the Splendor in the Valley event on Saturday evening, September 12th. This year's theme is "A Night At The Beach" and will be a traditional luau, with Hawaiian attire the desired wear of the evening. The event will once again take place at the Big W Ranch near Orland, which is owned by the family of famous television personality Cal Worthington.

Tickets will soon be available in the Human Resources Department at Glenn Medical Center.

For more information, call Deborah McMillan at 934-1881. Sponsorships are still available; silent auction items are now being accepted. This was a sold-out event last year - call today to place your reservations!



*This institution is an equal opportunity provider and employer.*

## ~ ~ *What's Happening at GMC* ~ ~

### May is Stroke Awareness Month

Seeing double doesn't necessarily signal a stroke - but it could. If you're experiencing sudden periods of double vision, make an appointment with your vision provider immediately. Dr. Val Shaw, Ophthalmologist, provides eye care in our Family Care Clinic inside our main facility. Call 934-1816 for an appointment.

### When Was Your Last Eye Exam?

For many of us, busy workdays, shuttling kids to and from activities, and getting dinner on the table can make the thought of scheduling an annual eye exam seem like a low priority. Besides, if you can see the street signs and the television and computer screens without problems, you're probably fine, right? Not necessarily. Although a regular eye exam, which can help detect the early signs of many eye and other health conditions, is important for everyone - women are at higher risk for eye disease than men. An annual eye exam can detect the early onset of eye and other health conditions like: Diabetes, High Blood Pressure, Cataracts, Glaucoma, and Age-Related Macular Degeneration.

Still too busy to take the time for an annual exam? Consider this: By taking preventative measures to protect your eyes, you're ensuring that your vision is the best it can be for years to come. Also, by catching signs of eye disease early, you can help save yourself from potentially costly and debilitating medical conditions in the future. And, when your eyes are healthy, you can focus on all the other things you have to do. Call Dr. Shaw, or your regular provider, today!

### May Is Also National Melanoma Skin Cancer Awareness Month

Melanoma is often caused by exposure to high levels of sunlight. A mole can become malignant years after the skin has been burnt (often after sun bathing or using sun beds). One or more blistering sunburns during childhood or teenage years can cause skin cancer many years later. While previous exposure to the sun and sun beds are established risk factors, melanoma and other skin cancers can still arise without overexposure to sun and light. There is no reliable cure for melanoma. In most cases, all the surgeon can do is cut cancerous tissue from the body by removing malignant moles, the skin surrounding the malignant mole and removing nearby lymph nodes if the cancer has spread. Melanoma does not respond well to chemotherapy and the effects of drug treatments are quite limited. Once melanoma has spread to other parts of the body life expectancy can rapidly diminish so it's vital early surgical treatment is given. At GMC, Dr. Lijun Sakal, who specializes in Dermatology, can help you with all your skin care needs. Appointments with her can be made by calling our Family Care Center at 934-1816. And remember, always apply sunscreen liberally before going out!