



**Update  
July 2019**

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## From the Executive Director

### Speakers Requested

The Delaware Academy of Medicine / Delaware Public Health Association organizes the Dental, Medical, and Public Health Lecture Series for the University of Delaware's Osher Lifelong Learning Institute. Held at the Wilmington extension campus on route 52, the class is comprised of individuals 50 years and older. Classes range between 80 to 150 students in size.

If you enjoy interacting with the general public and talking about your practice area, we would like to hear from you. ALL caregivers are invited to present: physicians, PA's, NP's, nurses, therapists, researchers, management, etc.

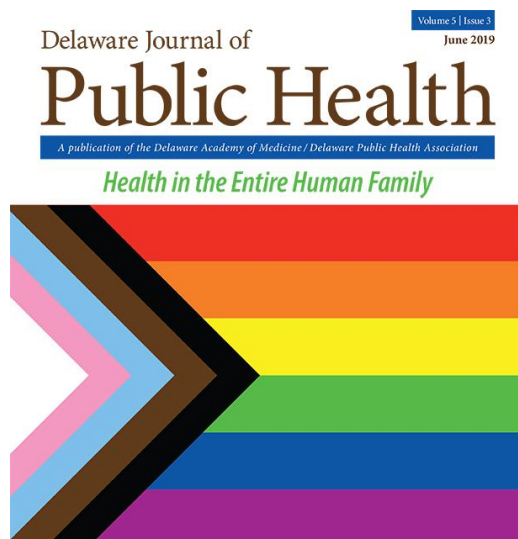
The class is engaged and asks a lot of good questions. Help us educate our community.

If interested, please call Tim Gibbs at 302-733-3919 or send an email to [tgibbs@delamed.org](mailto:tgibbs@delamed.org).



## Delaware Journal of Public Health

### LGBTQ Health Equity



*"Health equity in the scientific realm starts with visibility, leading to evidence, and action. We join the LGBTQ+ community in solidarity through the visibility this publication brings with guest editors Anna B. Filip, MD and Timothy D. Rodden, MDiv, MA, BCC, FACHE leading the way towards improved evidence."*

~ Dr. Omar Khan and Mr. Timothy Gibbs

This issue of the Journal is dedicated to the LGBTQ+ community in Delaware, and we hope you enjoy reading about the telehealth interventions, improved data collection, suicide prevention in trans youth, the religious landscape for LGBTQ+ individuals, and many more thought provoking articles.

[Read the Journal Here!](#)



The Academy's 2018 Year In Review is now online! From our updates to the Archives, information about our programs and engagement, and student financial aid and internship program, the Academy has been very busy in its mission to promote public health through education and engagement!

Read about it [here](#)!



## National News



As Delaware's Affiliate to the American Public Health Association, we are pleased to announce that registration and housing are now open for APHA's 2019 Annual Meeting and Expo! Join us November 2 - 6 in Philadelphia!

"Creating the Healthiest Nation: For Science. For Action. For Health."

APHA's Annual Meeting and Expo is the largest and most influential annual gathering of public health professionals. Nearly 13,000 attendees will descend on Philadelphia to present, learn, and find inspiration. Let's make sure Delaware is well represented!

[Registration is Now Open!!](#)

### Delaware Reception

We are in the process of planning a reception for our Delaware colleagues! Stay tuned for additional details!

## Academy Spotlight

### Joseph F. Kestner, Jr., MD

Dr. Kestner graduated from the Thomas Jefferson University, Jefferson Medical College in 1968. He completed his internship at Philadelphia General Hospital in 1969, and his residency at Jefferson Hospital from 1969 – 1973. Dr. Kestner completed a pulmonology fellowship at George Washington University Medical Center in 1975.



[Learn more about Dr. Kestner](#)

## Top Ten Sun Safety Tips

The summer is a great time to get outdoors, barbecue, and enjoy a day at the beach! But the sun's rays can be deadly. Over time, the sun's ultraviolet (UV) light can harm fibers in the skin (leading to wrinkles) and discolor your skin (by freckling, yellowing, or mottling).



Too much time unprotected in the sun can lead to sunburn, which is a leading cause of skin cancer (basal cell carcinoma, squamous cell carcinoma, and melanoma). Anyone can get skin cancer (although the fairer your skin, the greater your risk).

How can you protect yourself, and still have fun this summer?

1. Wear sunscreen every day (put it on at least 15 minutes before going outside)!
2. Use SPF 30 or greater
3. Reapply every 80 minutes (more often if you're sweating or swimming).
4. Wear sunglasses with UVA and UVB protection.
5. Wear wide-brimmed hats, and long sleeved shirts and pants.
6. Avoid the sun as much as possible between 10 am and 2 pm.
7. Check your skin regularly - keep an eye on moles!
8. Choose cosmetics and contact lenses that offer UV protection.
9. Stay hydrated!
10. Avoid tanning beds!

[Read more about skin cancer \(WebMD\)](#)

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## July is...

Cord Blood Awareness Month  
International Group B Strep Awareness Month  
National Fireworks Safety Month

[And Much More!](#)

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## Additional Resources

Delaware Division of Public Health: [The DPH Bulletin](#)

Trust for America's Health: Wellness and Prevention Digest - [Subscribe](#)

**The Delaware Academy of Medicine / Delaware  
Public Health Association**

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