



Sun Safety Information

It's a lot easier to prevent skin cancer than to have it treated.

Beautiful summer weather brings everyone outside - practice the American Cancer Society's "safe sun" strategies, to enjoy summer pleasures without paying a price with your health.

- Avoid the sun between 10am and 4pm, when it is at its strongest.
- Use sunscreen that protects from both UVA and UVB rays, SPF 15 or higher. Follow instructions about application and re-application.
- Wear lip balm with SPF 15 and protect eyes by wearing sunglasses.

If you have any of the following traits, you are at higher risk for skin cancer ...

- A family or personal history of skin cancer
- Fair or light-colored skin, eyes and/or hair
- Suffered sunburn years ago, earlier in life
- Are consistently outdoors in the sun, for work or leisure
- Have many moles
- Frequent tanning salons

The most dangerous melanomas (the deadliest form of skin cancer) are on the neck or scalp, where mortality rate is higher and they're hard to see. Women are most likely to get melanoma on the calf, men on the back. Another common (and often missed) location is the foot. An annual skin exam can save your life.

Be aware that you are at risk for skin cancer even while driving - incidence is higher on the left arm and on the face, as the ultraviolet rays can penetrate through windshield glass ... always apply sunscreen.

See your dermatologist each year for a full body exam. To find a dermatologist near you, call 877-233-WELL (9355).

Have a good summer ... and be good to yourself!

This email is brought to you as part of Stamford's Cancer Awareness Campaign; a collaboration between Stamford Hospital, the City of Stamford and the American Cancer Society.