



NEWS BULLETIN

SUFFOLK COUNTY DEPARTMENT of CIVIL SERVICE OFFICE OF PUBLIC INFORMATION

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For Your Information from...Suffolk County Executive Steve Levy's Cancer Awareness Task Force

Do You Know...

~ according to the American Cancer Society, **one in five** Americans will develop some form of **skin cancer**? There are **over one million** new cases of skin cancer diagnosed in the U.S. each year, outnumbering all other cancers combined. **Melanoma** is the **most serious** type of skin cancer and according to the National Cancer Institute over the past thirty years Melanoma **rates** in the United States have **more than doubled**.

~ the International Agency for Research on Cancer calls the sun's ultraviolet rays a *human carcinogen*?

Spring is finally here! As you spend more time outside, the Cancer Awareness Task Force wants to remind everyone the things they can do to help prevent their risk of getting skin cancer:



- ✓ do not receive more than a few minutes of unprotected sun exposure between the hours of 10:00 and 4:00 each day; avoid tanning beds;
 - ✓ wear protective clothing (hat, shirt, UV sunglasses, umbrella);
 - ✓ apply a broad spectrum sunscreen with a Sun Protection Factor of 30 or higher (see chart below);
 - ✓ get Vitamin D safely. Your health care provider can check your levels and make the appropriate recommendations; and
- ✓ conduct monthly exams - for details on how to conduct such an exam, you can go to http://www.skincarephysicians.com/SkinCancerNet/skin_examinations.html

More information on Skin Cancer can be found on the following webpage:
www.suffolkcountyny.gov/cancerawareness

(More)

READ THE LABEL!

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QUICK TIPS FOR A GOOD SUNSCREEN

⊘ Avoid These:

Ingredients: Oxybenzone
Vitamin A (retinyl
palmitate)
Added insect repellent

Products: Sprays
Powders
SPF above 50+



Look for These:

Zinc
Titanium dioxide
Avobenzone or Mexoryl

Cream
Broad Spectrum protection
Water resistant for beach,
pool & exercise
SPF 30+ for beach & pool

Source: www.ewg.org/2010sunscreens/EWG_sunscreens.pdf



There's no other way to say it: **tanned skin is damaged skin**. Use **Sunscreen Daily** - protect your skin from the sun's harmful ultraviolet (UV) rays **all year round**.

The Cancer Awareness Task Force was formed in 2004 and is composed of anti-cancer advocates, medical care organizations, cancer researchers and county staff from the departments of Health Services and Environment and Energy. Their mission is to educate residents regarding the prevention of cancer, to increase access to care and to expand cancer services for all county residents.