



NEWS BULLETIN

SUFFOLK COUNTY DEPARTMENT of CIVIL SERVICE OFFICE OF PUBLIC INFORMATION

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For **Y**our **I**nformation from...Suffolk County Department of Health Services



Do You Know? ~ According to the American Cancer Society, skin cancer is the most common of all cancer types. There are **3.5 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 76,250 new cases will be diagnosed this year in the U.S.

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

Spring is here in full force! 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 a.m. and 4 p.m. 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 twenty minutes before going outside (see chart below);
- ✓ get Vitamin D in a safe way. 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 Department of Health Services webpage: www.suffolkcountyny.gov/cancerawareness and Colette Coyne Melanoma Awareness Campaign: <http://ccmac.org/>

(more)

READ THE LABEL!

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QUICK TIPS FOR A GOOD SUNSCREEN

⊘ Avoid These:



Look for These:

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

Zinc
Titanium dioxide
Avobenzone or Mexoryl

Products: Sprays
Powders
SPF above 50+

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

Source: <http://breakingnews.ewg.org/2011sunscreens/>

There's no other way to say it: **tanned skin is damaged skin.** 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. 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.