

SUFFOLK COUNTY LEGISLATOR KARA HAHN



FIFTH LEGISLATIVE DISTRICT

PRESS RELEASE

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CONTACT: [Seth Squicciarino](#)

[Thomas Ryan](#)

631-854-1650

BE SUN-WISE THIS SUMMER

Legislator Hahn encourages you to be mindful of Ultraviolet light dangers

PORT JEFFERSON, NY – Today marks the first day of summer and as our collective attentions turn toward all things outdoors, Legislator Kara Hahn (D-Setauket) would like for you to take a moment to think about your skin's health. Last year in the United States 70,230 people learned that they have invasive Melanoma, the most serious type of skin cancer and an estimated 8,790 died from the disease. According to the National Cancer Institute, over the past 30 years Melanoma rates in the United States have more than doubled as exposure to harmful Ultraviolet [UV] light rays has increased.

Overall, one in five Americans will develop some form of skin cancer according to the American Cancer Society. Since many of the skin cancer cases are a direct result of UV light emanating from the Sun, the American Association of Dermatology has issued the following recommendations:

- Avoid outdoor activities between 10 a.m. and 4 p.m. when the sun's rays are the strongest;
- Seek shade whenever possible;
- Wear a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 15 or higher;
- Wear sun-protective clothing and accessories, such as wide-brimmed hats and sunglasses;
and
- Follow the "**Shadow Rule**" -- if your shadow is shorter than you are, the sun's damaging rays are at their strongest and you are likely to burn.

[MORE]

The group and other medical professionals also suggest conducting monthly self skin exams. Go to http://www.skincarephysicians.com/SkinCancerNet/skin_examinations.html for details on how to conduct such an exam.

“Skin cancer is not only dangerous and disfiguring, but it is also deadly,” said Legislator Hahn. “It’s summertime. Go out, enjoy all the splendors of summer and have fun, but please commit to following these simple suggestions in order to protect your health and future.”

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*306 Main Street
Port Jefferson, New York 11777*

kara.hahn@suffolkcountyny.gov

*Telephone: (631) 854-1650
Fax: (631) 854-1653*