



# Safe Summer Sun Fun

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<http://healthlink.mcw.edu/article/964647970.html>

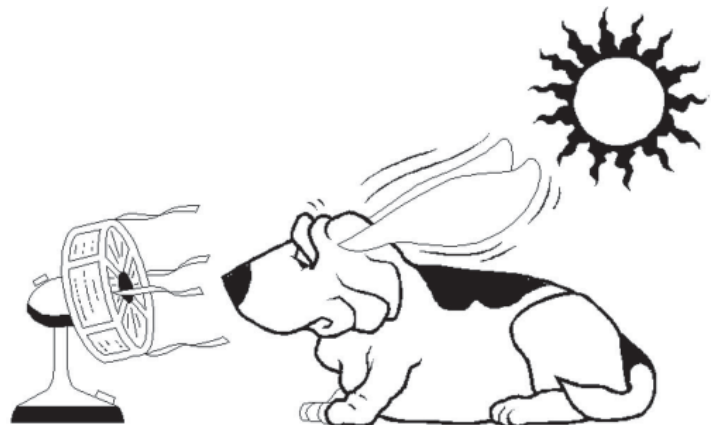
Here is some information from HealthLink (see web address below) on safe summer sun fun.

The death rate from melanoma in the US has increased by about 4% a year since 1973, according to the Centers for Disease Control and Prevention. Melanoma represents only about 47,000 of the 1.8 million cases of skin cancer diagnosed each year, but according to the American Cancer Society it will cause 79% of skin cancer deaths. While cancer treatments continue to improve, melanoma recovery rates remain disappointing. Prevention is the better solution.

According to the Food and Drug Administration (FDA), sunscreens are an important part of a person's total sun protection strategy, but sunscreen alone will not prevent all of the possible harmful effects due to sun exposure. Borrowing the "Slip, Slop, Slap" slogan from an Australian skin cancer prevention campaign, the American Cancer Society recommends that anyone out in the sun slip on a shirt, slop on sunscreen and slap on a hat. The educational campaign in Australia seems to be working: the rates of skin cancer are declining in younger groups, and suntans are out of fashion.

Use a total program to reduce the sun's harmful effects.

- \* Lavishly apply a sunscreen with an SPF of 15 or higher, and reapply it every two hours according to the directions on the label.
- \* Reapply sunscreen as needed after swimming, sweating or towel drying. And use sunscreen even on cloudy days.
- \* Avoid the sun during the middle of the day, especially between 10 a.m. and 4 p.m., when the atmosphere absorbs less of the harmful UV rays of sunlight than earlier or later in the day.
- \* Wear a wide-brimmed hat, protective clothing, and sunglasses.
- \* Never leave children exposed to the sun without adequate protection. Because of the long time it takes for cancer to develop, studies suggest that over-exposure early in life may lead to skin cancers later in life.



## Sun Fun

Z T A S W H B S X P H A Z T U  
M D B K V R O P R Q T H V A S  
S J X I B L Z O R W S M C J E  
K U K N U M T F M B Z T A H O  
Y C N T P E G N I H T O L C Q  
Z G I S C S E S S A L G N U S  
E O E T C S Z X I T E R W I R  
N R I T R R Z W P N T E S B T  
B O U S A G E R P A A M G E Y  
N M E S F R E E W T U M V X R  
R A Y S O V T O N R Q U F U N  
Y E I N E P C S J O E S F O E  
U F F N F N X X Q P D V J V U  
U H T A N I N E L M A P Z A P  
I O H Z S W C N Z I V I W I A

ADEQUATE	PREVENT	STRATEGY
CLOTHING	PROTECTION	SUMMER
EXPOSURE	RAYS	SUNGLASSES
FUN	SAFE	SUNSCREEN
HAT	SKIN	
IMPORTANT	SOLUTION	