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"Your Local
Health Department"

NEWS RELEASE

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FOR IMMEDIATE RELEASE

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Skin Cancer Awareness!

Nearly 5 million people are treated for skin cancer each year in the United States. Spending time outdoors is a terrific way to improve your overall health and wellness; reduce stress; promote mental health and stimulate vitamin D production in the skin. However, your body can only take in a limited amount of vitamin D at one time. Too much ultraviolet exposure can increase your risk for skin cancer, the most common cancer in the United States.

The Branch-Hillsdale-St. Joseph Community Health Agency is proud to participate in Skin Cancer Awareness. Join us in acting to prevent skin cancer by taking these steps today to protect your skin:

- *Stay in the shade especially between the hours of 10am and 4pm*
- *Wear clothing that covers your arms and legs*
- *Wear sunglasses that block both ultraviolet A rays and ultraviolet B rays*
- *Use sunscreen with sun protection factor 15 or higher and both ultraviolet A and B protection*
- *Avoid indoor tanning beds.*

- *Check your skin regularly for changes*
- *Do not burn*

For more information on skin cancer prevention strategies, visit www.cdc.gov/cancer/skin/ and <http://www.skincancer.org/>. Be sure to follow us on Facebook at www.facebook.com/bhsjwic/.