

June: Skin Cancer



It is finally summertime and the warmer weather is here! After a long, snowy, cold winter; everyone looks forward to the sunny, warm days of summer. The longer, sunnier days increase our energy level and uplifts our spirits. However, we need to protect ourselves from the sun's ultraviolet rays that can damage our skin.

Did you know that skin cancer is diagnosed more often than all other cancers combined? We tend to think of this cancer from the overexposure to the sun. However, many people, especially young females, use tanning beds that have the same result. In the U.S., indoor tanning is a \$2 billion-a-year industry with about 28 million Americans using about 25,000 tanning salons nationwide. Research has shown that people who use indoor tanning devices are 1.5 times more likely to have basal cell carcinoma, the most common form of skin cancer, and a 2.5 times more likely to have squamous cell carcinoma, the second most common type of skin cancer. (Based on WebMD article by Katrina Woznicki) Click on the links below for articles that describe what skin cancer is and how to protect against it.

[Skin cancer is a disease in which...](#)

[Protecting Your Skin From the Sun](#)

