

**News: For Immediate Release**  
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## **MAY IS MELANOMA/SKIN CANCER DETECTION & PREVENTION MONTH**

BALTIMORE, May 21, 2018 — Now that warm weather is finally here and millions of Americans prepare to enjoy the outdoors, the risk of ultraviolet (UV) damage to the skin increases. Skin cancer is the most common type of cancer in the United States. UV radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

MedChi, along with the Center for a Healthy Maryland (CFHM), is proud to participate in Melanoma/Skin Cancer Detection and Prevention Month. The Center for a Healthy Maryland is a member of the National Council on Skin Cancer Prevention. To help reduce rising rates of skin cancer from overexposure to UV rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day, May 26, as “*Don't Fry Day*” to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10:00 a.m. and 4:00 p.m.;
- Do not use tanning beds;
- Check your skin regularly for any changes;
- Wear Sun-Protective Clothing and a hat;
- Generously Apply Sunscreen of SPF15 or higher (making sure to reapply every 2 hours or after swimming or sweating);
- Use Extra Caution Near Water, Snow, and Sand; and
- Get Vitamin D Safely.

Gary Pushkin, M.D., President of MedChi, states, “Everyone can help spread the word about strategies for preventing skin cancer. Always wear sunscreen and limit your time in the sun, and encourage others to do the same. Make sure to check up on children and the elderly often who may not be aware of proper sun protection.”

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).

### About the Center for a Healthy Maryland

The Center for a Healthy Maryland is an affiliate of MedChi. The Center's mission is to advance the practice of medicine, enhance the quality of medical care, and promote the health of the citizens of the State of Maryland. The Center's programs are directed at the public to improve health status, and also focus on quality improvement and education, with programs for physicians to help them to better serve their patients. For more information, visit [www.healthymaryland.org](http://www.healthymaryland.org).