



The Maryland State Medical Society

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MEDCHI ENCOURAGES EARLY DETECTION AND PREVENTION DURING MELANOMA AND SKIN CANCER DETECTION & PREVENTION MONTH

BALTIMORE, May 21, 2026 — During Melanoma and Skin Cancer Detection & Prevention Month, MedChi, The Maryland State Medical Society, encourages Marylanders to take proactive steps to protect their skin, recognize warning signs early, and speak with their physicians about routine skin health and cancer screenings.

Skin cancer remains the most common form of cancer in the United States, with melanoma being the deadliest type. According to the American Cancer Society, thousands of Americans will be diagnosed with melanoma this year, and early detection continues to play a critical role in improving outcomes and survival rates.

“Melanoma and other forms of skin cancer are highly treatable when identified early,” said Eric Wargotz, President of MedChi. “Prevention, awareness, and timely screenings can save lives. We encourage Marylanders to protect themselves from excessive ultraviolet exposure, monitor changes in their skin, and seek medical attention if something appears unusual.”

MedChi recommends several important steps to reduce the risk of skin cancer, including:

- Wearing broad-spectrum sunscreen with an SPF of 30 or higher
- Reapplying sunscreen regularly, especially after swimming or sweating
- Wearing protective clothing, hats, and sunglasses outdoors
- Avoiding indoor tanning beds
- Seeking shade during peak sunlight hours between 10 a.m. and 4 p.m.
- Performing regular skin self-exams and scheduling evaluations with a healthcare professional when concerns arise

“Skin cancer does not discriminate by age or background, and prevention starts with education and awareness,” said Eric Wargotz. “By taking simple precautions and prioritizing early detection, we can help reduce the impact of melanoma and skin cancer across our communities.”

MedChi encourages Maryland residents to discuss skin cancer prevention and screening recommendations with their physicians, particularly if they have a family history of skin cancer, significant sun exposure, fair skin, or a history of sunburns.

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.