



*The Maryland State Medical Society*

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## **MAY IS MELANOMA/SKIN CANCER DETECTION & PREVENTION MONTH**

BALTIMORE, May 15, 2014 — Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer but UV radiation can also come from tanning booths or sunlamps. UV damage can cause wrinkles and blotches or spots on your skin. The most dangerous kind of skin cancer is called melanoma. 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 is proud to participate in Melanoma/Skin Cancer Detection and Prevention Month. During the month of May, join us in taking action to prevent skin cancer and reduce the risk of UV damage.

Take simple steps today to protect your skin:

- Stay out of the sun between 10:00 a.m. and 4:00 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

Gene Ransom, CEO of MedChi, states “Everyone can help spread the word about strategies for preventing skin cancer. Encourage family members to adopt good habits together, like wearing sunscreen and limiting their time in the sun.”

### 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).