

News: For Immediate Release

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MAY IS MELANOMA/SKIN CANCER DETECTION & PREVENTION MONTH

BALTIMORE, May 24, 2021 — Spring has sprung and warm weather is sticking around so people will be outside enjoying the weather. Unfortunately, nice weather means there is an increased risk of ultraviolet (UV) damage to the skin. 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 on your skin.

MedChi, along with the Center for a Healthy Maryland, is participating in Melanoma/ Skin Cancer Detection and Prevention Month. MedChi has been a big advocate in blocking the use of tanning beds to minors and has passed legislation on it for several years. The Center for a Healthy Maryland is a member of the National Council on Skin Cancer Prevention, which has designated the Friday before Memorial Day, May 28 this year, as “*Don’t Fry Day*”. This day was created to raise awareness of all the risks of overexposure to the sun.

The good news is there are simple steps people can take to help protect their skin:

- Stay out of the sun as much as possible during peak times (between 10:00 a.m. and 4:00 p.m.);
- Do not use tanning beds, especially if you are a minor;
- Check skin regularly for any changes;
- Wear sun-protective clothing, sunglasses and a hat;
- Generously apply sunscreen of SPF30 or higher (making sure to reapply every 2 hours or after swimming or sweating)

Shannon Pryor, M.D., President of MedChi, states, “the use of sunscreen and other sun safety practices such as clothing, hats, and sunglasses can help prevent skin cancer. If you do spend a lot of time in the sun, be aware of changes on your skin. If you discover any new growths or moles, see your physician promptly.”

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.

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.