



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT
Washington, DC 20415

The Director

June 6, 2006

MEMORANDUM FOR CHIEF HUMAN CAPITAL OFFICERS

FROM: LINDA M. SPRINGER
DIRECTOR

A handwritten signature in black ink, appearing to read "LMS", with a long horizontal flourish extending to the right.

Subject: *HealthierFeds: Promoting Wellness Among Federal Employees*
Melanoma/Skin Cancer Detection and Prevention Month
June 2006

Each year more than one million people are diagnosed with skin cancer in the United States and sadly, the incidence is on the increase, primarily in the form of melanoma, the deadliest form of skin cancer. While skin cancer is the most prevalent form of cancer in the United States, it is also the most avoidable.

The observance of Melanoma/Skin Cancer Detection and Prevention Month in June comes at a time of year when employees begin spending more time outdoors, thereby increasing the risk factors for developing the disease. Federal agency health and wellness programs, by offering free or low-cost information and resources, can deliver timely and compelling messages to employees encouraging them to take preventive measures when exposed to sunlight. Agencies can host free or low-cost skin cancer screenings in the workplace, potentially helping employees to detect skin cancers in the early stage.

There are a number of resources available for learning more about the prevention and detection of skin cancer, including how to perform self-exams. Several highly informational websites include the National Cancer Institute's at www.cancer.gov and The Skin Cancer Foundation's at www.skincancer.org. On the American Academy of Dermatology's website, at www.aad.org, users can locate free skin cancer screenings in communities across the United States and determine the daily ultra-violet ray (UV) index for the area in which they live.

As the Nation's largest employer, we can make an enduring impact by reaching out to Federal employees. Experience has proven that ongoing educational efforts can impact preventable diseases. Together, by making efforts to protect our Federal employees and their families, we may be able to slow the prevalence of skin cancer and encourage earlier detection of melanomas.