

It's Never Too Late to Be SunWise

A dangerous type of skin cancer called melanoma is becoming more common in the United States. In fact, one person dies from melanoma every 67 minutes.* Fortunately, you can help protect yourself and your loved ones by taking certain actions:

- Seek shade and limit time in the midday sun.
- Cover up. Wear a wide-brimmed hat and sunglasses.
- Apply SPF 15+ sunscreen.
- Check your skin regularly for suspicious moles. Inform your doctor of any changes in your skin.



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* Source: American Cancer Society

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