

Richard David Kann
Melanoma
F O U N D A T I O N

Dear Parents, Grandparents, Guardians and Child Care Providers,

We are pleased to provide you with the following information on sun safety. So please take a moment to read this and see how you can encourage young people and families to protect themselves from melanoma and other skin cancer by *playing it safe in the sun!*

One person dies from melanoma every 50 minutes. Florida is the state with the second highest incidence of melanoma in the Country! A person's chance of developing melanoma later in life is directly related to his or her exposure to the sun between the ages of 0-18 years of age. Cases of melanoma are being discovered on children as early as 4 year of age!

Skin cancer does not discriminate. Although people with lighter skin are more at risk, anyone can get skin cancer!

Protect yourself and your family by following these simple rules:

1. **Reduce exposure to the sun during peak hours, 10am – 4pm. (Seek shade)**
2. **Don't BURN! One or more sunburns before the age of 18 increases your risk of getting melanoma.**
3. **Always wear sun block with at least an SPF (Sun Protection Factor) of 30-50+. It is best if you apply sunscreen in two thin layers. (especially if the SPF is lower than 30; it will still effective) Wear lip protection as well, also with SPF15-30.**
4. **Reapply sun block every two hours, particularly after swimming, sweating or any outdoor activity.**
5. **Wear protective clothing and accessories when possible, including a wide-brimmed hat, a long-sleeved shirt, pants, and sun glasses. Many stores sell clothing with SPF already in the fabric! RIT Dye also sells a product, when added to your wash, creates such a UV barrier on clothing. ALL OTHER exposed areas need to have sun block applied. Remember that even when it's cloudy, you can still burn! Water, snow, and cement are all reflective surfaces that intensify your UV exposure.**
6. **DO NOT GO INTO A TANNING BOOTH! 10 minutes in a tanning bed is like 4 hours of sun! Having a tan for Prom and "Homecoming/Spring Break" is not a reason to damage your skin!**

Get to know your skin and that of your family. Look for any new or unusual marks such as moles or freckles and be aware of any changes over time. Schedule regular dermatological check ups and have a full body examine by time you are thirty years old, or sooner.

Watch the You Tube video entitled, "Dear 16 Year Old Me"

Download Free Smart Phone Apps for EPA (UV Index) and EWG (Sunscreen Guidelines)

For more information contact the Foundation: 561-655-9655

For free online education and resources, visit: www.melanomafoundation.com