

NEWS RELEASE

July 17, 2023

For Immediate Release

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Skin Cancer is Preventable

Southwest Nebraska Public Health Department (SWNPHD) encourages residents to take action to protect their skin now to help prevent skin cancer in the future. Skin cancer is the most common form of cancer found in the United States; 1 in 5 Americans will develop skin cancer by the age of 70. Protecting yourself from the sun's ultraviolet (UV) rays is important all year round.

“Sun intensity is not related to how hot the temperature is. You can get a sunburn even on a cool cloudy day because even though clouds block the sunlight, they don't block all the harmful UV rays,” states Sarah Minnick, Program Manager with SWNPHD. “We have an educational program titled “Pool Cool”. We take it to the swimming pools in the health district and ask the lifeguards to teach sun safety to the kids at the pool. The swimming pool receives sunscreen and signage to remind patrons to practice sun safety.”

Practice Sun Safety

- Stay in the shade.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Use a broad-spectrum sunscreen with a sun protection factor of 15 or higher.

If you have had a lot of sun exposure, check your skin regularly for any suspicious changes. A change in your skin is the most common sign of skin cancer. Not all skin cancers look the same, so talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma:

Asymmetrical: Does the mole or spot have an irregular shape with two parts that look very different?

Border: Is the border irregular or jagged?

Color: Is the color uneven?

Diameter: Is the mole or spot larger than the size of a pea?

Evolving: Has the mole or spot changed during the past few weeks or months?

For more information call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website swhealth.ne.gov contains many resources and additional information

helpful to prevent disease, promote wellness, and protect health. You can also follow SWNPHD on Facebook, Instagram, and TikTok.

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