



May 2016 is Skin Cancer Awareness Month



Interactive Sun Safety and Facts Calendar with Events

★ Please click assigned dates for links to cancer awareness and better health! ★

Somerset County declares May Skin Cancer Awareness Month

Check out our website for updated information!

★1

Melanoma Monday!

AAD designated today as Melanoma Monday to raise awareness of skin cancer & encourage early detection.

★2

"A base tan" is not a safe tan, indoor tanning is NOT safe.



★3

Skin cancer quick facts from the Joseph Enright Foundation.



★4

Minimize daily sun exposure from 10am – 4 pm



5

Check expiration date on sunscreen! YES, they do expire!



6

Signup for "Living with Melanoma, a Patient and Caregiver Symposium" May 21 Morristown, NJ



★7

Apply sun screen **30 minutes before** exposure and apply often.



8

Do you get enough Vitamin D? **FACT:** The body makes vitamin D when the skin is exposed to the sun; vitamin D supports your immune system and helps keep your colon healthy

9

Skin cancer screenings today!

Memorial Sloan Kettering Cancer Center Basking Ridge, call 908-542-3396

10

Seek shade structures during peak sun hours.



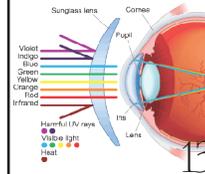
11

Don a protective hat, especially while gardening or doing routine activities.



12

Always choose **sunglasses** that are labeled as blocking **99-100% UV rays.**



13

Skin cancer screenings today!

Morristown Medical Center, to register call 800-247-9580

14

Skin cancer screening recommendations



★15

Wear skin protective clothing, try items that wick for comfort.



16

Be creative and keep umbrellas around not just for rain



17

SPF. Sunscreens are given a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. **Use a broad spectrum sunscreen with at least SPF 30**

18

Skin cancer screenings today!

Jefferson Township residents only, to register call 973-663-0700 (and June 16)

19

FACT: Skin cancer affects people of all colors and races, although those with light skin have a higher risk.



★20

Skin cancer screenings today!

RWJ Somerville to register, call 908-685-2814



21

Do you know someone who has been diagnosed with cancer or have you? Cancer Support Community of Central NJ has **free resources and support** for you and family members

★22

FACT: Skin cancer is a growing epidemic in America Take a skin cancer safety quiz!



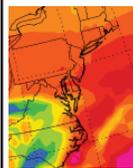
★23

Take a skin cancer safety quiz!



★24

Do you know what your UV index is?? Get your UV Index anytime.



★25

Skin cancer screenings today!

Rockaway residents only, to register call 973-983-2848

26

Today starts Memorial Day Weekend, now called "Don't Fry Day"



27

Become Enright Sun Safety Certified™



★28

Follow the Atlantic Health System on Twitter for helpful tips during the summer months



★29

Happy Memorial Day! Be sun smart.



30

Join our efforts to reduce skin cancer or locate additional skin cancer screenings contact:



31

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Links on dates assigned with a star

- 1 - <http://www.co.somerset.nj.us/rcdc>
- 2 - <https://www.aad.org/public/spot-skin-cancer/programs/skin-cancer-awareness-month>
- 3 - http://www.cdc.gov/cancer/skin/basic_info/indoor_tanning.htm
- 4 - www.enrightmelanomafoundation.org
- 7 - <https://www.aimatmelanoma.org/living-with-melanoma/patient-caregiver-symposiums/morristown-nj/>
- 15 - http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- 20 - <https://www.aad.org/spot-skin-cancer/learn-about-skin-cancer/types-of-skin-cancer>
- 22 - <http://www.cancersupportcnj.org/>
- 23 - <http://skincancerprevention.org/news/2014/11/05/surgeon-generals-call-action-prevent-skin-cancer>
- 24 - <http://www.cancer.org/healthy/toolsandcalculators/quizzes/sun-safety/index>
- 25 - <http://www2.epa.gov/sunwise/uv-index#lookup>
- 28 - www.ApplyCoverEnjoy.org
- 29 - www.twitter.com/AtlanticHealth