



# Wellness Buddy Tip

Providing guidance and support to make the "healthy choice the easy choice."

Chronic Disease Health Promotion and Education Program  
Jackson County Health Department

## Don't Fry Day is May 28, 2010

The Friday before Memorial Day is Don't Fry Day. The National Council on Skin Cancer Prevention encourages sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.

The skin is the body's largest organ. It protects against heat, light, injury and infection. It helps control body temperature. It stores water and fat. The skin also makes vitamin D.

No single step can fully protect from overexposure to UV radiation, so use as many of the following actions as possible:

- Avoid sun burning, intentional tanning, and using tanning beds.
- Apply sunscreen generously.
- Wear sun-protective clothing, wide-brimmed hat, and sunglasses.
- Seek shade.
- Use extra caution near water, snow, and sand.



*SLIP! SLOP! SLAP! ... and WRAP — slip on a shirt, slop on sunscreen of SPF of 15 or higher, slap on a hat, and wrap on sunglasses.*

- Get vitamin D through diet and vitamin D supplements.

With summer time in full swing and everyone prepared to enjoy the benefits of the outdoor activity, the risk of ultraviolet (UV) damage to skin increases. There are over one million **new** cases of skin cancer diagnosed in the United States each year, outnumbering all other cancers combined. The American



Cancer Society estimates that one American dies every hour from skin cancer.

Luckily, skin cancer is highly curable if identified in the early stages.

As Ben Franklin said "An ounce of prevention is worth a pound of cure." So remember to "SLIP! SLOP! SLAP!...and WRAP — slip on a shirt, slop on sunscreen of SPF of 15 or higher, slap on a hat, and wrap on sunglasses.

Individuals having a family history of skin cancer, plenty of moles or freckles, or a history of severe sunburns early in life are at a higher risk of skin cancer. Persons of lighter-tones skin are more vulnerable to UV damage, but, individuals of all races and ethnicities are in danger of developing skin cancer.

Enjoy the outdoors safely this holiday weekend and everyday. "SLIP! SLOP! SLAP!...and WRAP.

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### Special points of interest:

- *UV radiation comes from the sun, sunlamps, tanning beds, or tanning booths.*
- *Most skin cancer appears after age 50, but the sun damages the skin from an early age.*
- *The UV Index number, on a scale from 1 to 11+, is a measure of the amount of radiation reaching the earth's surface during an hour around noon. The higher the number, the greater the exposure to UV radiation.*



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