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*One hope. One promise.*

## Melanoma Monday a Reminder to Protect Your Skin as Summer Nears

**Tweet This:** May 4 is Melanoma Monday. Remember to Slip, Slap, Slop and protect your skin from cancer. Learn the 5 S's @ SunSmartNevada.org

RENO, Nev. (April 30, 2015) – Monday, May 4 marks the annual “Melanoma Monday,” an awareness day created by the American Academy of Dermatologists to promote early detection and prevention for melanoma and other types of skin cancer. The day also helps to kick off Skin Cancer Detection and Prevention Month, recognized nationally each May.

“May is traditionally the gateway to summer and also when we begin spending more time outdoors enjoying warmer weather. As such, it’s an opportune time to remind Nevadans to protect their skin from over-exposure to the sun’s UV radiation,” said Cari Herington, executive director of the Nevada Cancer Coalition. “We see about 300 days of sunshine annually in Nevada, and regardless of whether it’s clear or overcast, or whether you’re spending 30 minutes or 3 hours outside, putting on sunscreen of SPF 30 or higher should be a part of your routine.”

According to the American Dermatological Association one in 20 Americans will be diagnosed with skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour. In Nevada it is estimated that about 470 Nevadans will receive a melanoma diagnosis in 2015 and of those, about 70 will die from the disease. Skin cancer is caused by exposure to UV radiation either outdoors or through indoor tanning, and is highly preventable.

A good rule of thumb for skin cancer prevention outdoors is “Slip, Slop, Slap, Seek, Slide.” The health campaign, originally launched in Australia, encourages people to:

- **Slip** on a shirt or sun protective clothing
- **Slop** on sunscreen with a substantial SPF rating, at least 15 – 30 with both UVA and UVB protection, and re-apply every two hours
- **Slap** on a hat, the wider the brim the better
- **Seek** shade or shelter during peak sun exposure times, generally from 10 a.m. to 4 p.m.
- **Slide** on sunglasses to protect the eyes

For more information on skin cancer prevention and detection visit the Centers for Disease Control and Prevention skin cancer section online: [http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm).

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*Nevada Cancer Coalition (NCC) is a statewide non-profit organization committed to reducing the burden of cancer. We advocate for best-practice policies for cancer prevention, screening, treatment, and access to care for all. We connect cancer experts, provide physicians with resources, and empower people with information.*