Sun Safety

Slip, Slop, Slap, Seek and Slide

Slip on a shirt, Slop on the 30+ sunscreen, Slap on a hat, Seek shade or shelter and Slide on some sunnies.

Skin cancer or melanoma is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades.

The good news is that you can do a lot to protect yourself from skin cancer, or catch it early so that it can be treated effectively. Most skin cancers are caused by too much exposure to ultraviolet rays (UV).

You don’t need x-rays or blood tests to find skin cancer early – just your eyes and a mirror. If you have skin cancer, finding it early is the best way to make sure it can be treated with success.

Promise Healthcare participates in the SPOTtime program of the American Academy of Dermatology and can scheduled a skin care screening. To schedule a screening, call Katy or Martha at 356-1558 or stop by Frances Nelson Health Center at 819 Bloomington Road, Champaign.