



Guard against melanoma while on the water

1. Over a million new cases of skin cancer occur in the U.S. each year, outnumbering the total of all other cancers combined.
2. Annually, over ten thousand Americans die from melanoma, more than one person every hour, costing over a billion dollars. The emotional and physical costs are *incalculable*.
3. *Less than one third* of children are protected from Melanoma at home, school, and at the lake.
4. Due to tanning salons, melanoma is the fastest increasing cancer among young women.
5. Melanoma is usually detected at home rather than in the doctor's office.
7. Due to late detection, men have the highest death rate for melanoma.

The Sawyer County Lakes Forum urges everyone to:

- Avoid excessive direct exposure to the sun between 10 AM and 4 PM.
- Always use a high spf sunscreen.
- Reapply sunscreen every one to two hours or more often when sweating or swimming.
- Wear a wide-brimmed hat, tightly woven clothing, and sunglasses.
- Protect your children. Set a good example for them.
- Seek shade when outdoors. Avoid tanning parlors and sunlamps.

For complete article, see <http://bayfieldcountylakes.org/?110830>