**MAY**

May is Melanoma/Skin Cancer Detection and Prevention Month. Skin cancer is one of the most common cancers in the U.S. Unprotected UV exposure is the most preventable risk factor for skin cancer. The American Academy of Dermatology encourages #PracticeSafeSun since temperatures are starting to heat up.

A couple of ways that you can reduce your UV exposure during warmers months include the following:

1. Seeking shade when appropriate—UV rays are the strongest between 10am and 2pm;
2. Wearing sun protective clothing—wearing wide brim hats, sunglasses, and applying a sunscreen of at least SPF 30 reapplying every two hours or after swimming or sweating.

The American Academy of Dermatology also encourages regular self-skin exams using the ABCDE’s of Melanoma. ABCDE’s of Melanoma stand for the following:

1. A is for Asymmetry—one half of the spot is unlike the other half.
2. B is for Border—the spot has irregular, scalloped, or poorly defined border.
3. C is for Color—the spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.
4. D is for Diameter—while Melanomas are usually greater than 6 millimeters, or about the size of pencil erasers, when diagnosed, they can be smaller.
5. E is for Evolving—the spot looks different from the rest or is changing in size, shape, or color.

References:

[Skin Cancer Awareness Month (aad.org)](https://www.aad.org/public/public-health/awareness-campaigns/practice-safe-sun)

[What to look for: ABCDEs of melanoma (aad.org)](https://www.aad.org/public/diseases/skin-cancer/find/at-risk/abcdes)