May is skin cancer awareness month. Skin cancer is the most common form of cancer in the United States but fortunately it is also one of the most PREVENTABLE forms of cancer. The Skin Cancer Foundation would like to recommend the following prevention guidelines:

1. Seek the shade, especially between 10 AM and 4 PM when the sun is the strongest.
2. Do not burn. A person's risk for melanoma, the deadliest form of skin cancer, doubles if you have had five or more sunburns at any point in life.
3. Avoid tanning booths. UV radiation from tanning machines is known to cause cancer in humans.
4. Cover up with clothing, including a brimmed hat and UV-blocking sunglasses.
5. Use a broad spectrum sunscreen with SPF of 15 or higher every day.
6. Apply sunscreen 30 minutes before going outside and reapply every 2 hours or immediately after swimming.
7. Keep newborns out of the sun since their skin is extremely vulnerable.
8. Examine your skin head –to –toe every month and see a physician every year for a professional skin exam.