

HEALTHY NEWS

SOUTH HEARTLAND DISTRICT
HEALTH DEPARTMENT

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HEALTHY PEOPLE IN HEALTHY COMMUNITIES

PROMOTE

Skin cancer is the most common type of cancer in the United States. It is also one of the most preventable cancers. There are several types of skin cancer with melanoma being the most dangerous. Skin self-exams once a month and regular skin exams as part of routine health check-ups are recommended. *

PREVENT

There are many sun safety habits to help in preventing skin cancer.

- Avoid the sun or seek shade especially between the hours of 10 a.m – 4 p.m.
- The American Academy of Dermatology recommends sunscreen that say: Broad spectrum, SPF 30 or higher, and water resistant or very water resistant
- Wear a hat with at least a 2-3 inch brim all the way around
- Wear Ultraviolet (UV)-blocking sunglasses

PROTECT

Taking steps to protect yourself from the sun is important. Overexposure to ultraviolet (UV) radiation can lead to serious health issues. UV is a form of radiation emitted by the sun and artificial sources, such as tanning beds. While it has some benefits, including creating Vitamin D, it can also cause health risks.

Anyone can have harmful health effects from UV radiation, but the risks increase in people who:

- Spend a lot of time in the sun or have been sunburned
- Have light-color skin, hair, and eyes
- Take certain types of oral and topical medicines
- Have a family member with skin cancer
- Are over age 50

COMMUNITY CALENDAR

July 4: The SHDHD Office closed

July 16th, 23rd, 30th 11:30-3:30 pm - Adult Vaccine Clinic (COVID, and Tetanus available) for Uninsured and Underinsured. Walk-ins are welcome

July 18th Vaccine 19+ (Vaccine for Adults)
By appointment only. Call to schedule - 402-462-6211 or 1-877-238-7595



402-462-6211
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SOUTHHEARTLANDHEALTH.NE.GOV

*Source: www.ne.cancer.org/Skin-Cancer