

July Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support their workforce education and communication activities. The spotlighted observance for July appears below and in the Members Only section at www.gpbch.org.

NATIONAL ULTRAVIOLET SAFETY MONTH

According to the [American Academy of Dermatology Association](http://www.aad.org) (AAD), **skin cancer is the most common cancer** in the United States as approximately 9,500 people in the United States are diagnosed with this cancer **every day**. Even though it is the most common cancer, it is also one of the most PREVENTABLE cancers which is why the AAD launched the SPOT Skin Cancer. The goal of this awareness program is to create: **A world without skin cancer**. Although this may sound unrealistic, given how many people get skin cancer, the AAD believes that by coming together, we can achieve this goal.

What is Ultraviolet (UV) Radiation? Ultraviolet (UV) radiation is a form of electromagnetic radiation that comes from the sun and man-made sources like tanning beds and welding torches. Learn more about UV rays and exposure from the American Cancer Society: <https://www.cancer.org/cancer/risk-prevention/sun-and-uv/uv-radiation.html>.

Protect Yourself From the Sun! Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, “[Slip! Slop! Slap!® and Wrap](http://www.cancer.org/cancer/risk-prevention/sun-and-uv/sun-safety.html)” is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

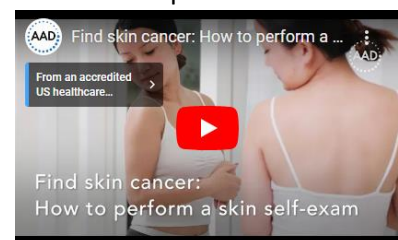
- **Slip on a shirt.**
- **Slop on sunscreen.**
- **Slap on a hat.**
- **Wrap on sunglasses to protect the eyes and skin around them.**

What's Your Sun Safety IQ? Sun safety is not just for vacation. Are you sun-safe every day? Take the American Cancer Society's quiz and find out. <https://www.cancer.org/cancer/risk-prevention/sun-and-uv/sun-safety.html>

Find Skin Cancer: How to Perform a Skin Self-Exam. Regularly checking your skin can help catch skin cancer early, when it's highly treatable. Follow these tips from board-certified dermatologists to check your skin for signs of skin cancer.

<https://www.aad.org/public/diseases/skin-cancer/find/check-skin>

Find a Free Skin Cancer Screening! When caught early, skin cancer is highly treatable. Find out if there is a free skin cancer screening near you. <https://www.aad.org/public/public-health/skin-cancer-screenings/find-a-screening>



[Click here to access the updated July Spotlighted Observance](#) – Protect Your Skin! This document is a ready-to-distribute flyer for your employees and colleagues.

Additional Resources: [Protect your Eyes Too!](#), [Some People are More Likely to Get Skin Damage](#), [Skin Cancer Statistics](#), & [Your Guide to Sunscreens](#)