



MAY 2020

Skin Cancer Prevention Month

When you think about your body's largest organ, you might think of your intestines or maybe your lungs. Believe it or not, it's actually your skin. Despite this, many people forget about their skin when it comes to personal maintenance.

Perhaps it's not surprising, then, that skin cancer is the most common type of cancer in the United States. The good news is that it's also very curable. In fact, skin cancer can almost always be cured when found and treated early. That's why talking to your doctor and taking preventive measures are so important.

Speak with your doctor or dermatologist about a skin care regimen that's right for you. Simply applying sunscreen daily may be enough to reduce your risk. For more information about skin health, visit www.aad.org.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (5/3-5/9) – Create a wellness plan

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (5/10-5/16) – Get started

Are you ready? Begin your plan and stick to it.

Week 3 (5/17-5/23) – Look for improvement

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (5/24-5/30) – Reflect

Did you reach your goal? Consider what worked with the plan and what should change next month.