



# ***NEWS RELEASE***

## **St. Charles County Government**

**Department of Community Health and the Environment**

*Gil Copley, Director*

*FOR IMMEDIATE RELEASE: May 12, 2010*

Hollie Milam, Health Educator

(636) 949-7413

Cameron Satterfield, Public Information Officer

(636) 949-7408

### **Think Sun Safety**

Summertime means outdoor fun, but play safe

**St. Charles County, Missouri** – The sun is shining and the weather is getting warmer. Soon, St. Charles County residents will be hosting backyard barbecues, taking a dip in the pool, or enjoying a bright sunny day at the park. But while summer is still a few weeks away, it's never too early to start thinking about sun safety.

The sun is essential for life, but excessive exposure can cause immune system suppression, eye damage, and premature aging of skin. In addition, skin cancer is the most commonly diagnosed cancer in the United States. One in five Americans will develop skin cancer in their lifetime. The majority of skin cancers are caused by excessive sun exposure.

“The effects of too much sun generally don't show up until adulthood, even though most exposure happens in childhood,” said Hollie Milam, health educator for the St. Charles County Department of Community Health and the Environment. “That's why it is so crucial for everyone, especially children, to wear sunscreen whenever they go outside.”

Sun safety education is also important. To help our community learn more about the consequences of excessive sun exposure, the health education team at the Department of Community Health and the Environment is now offering a free Sun Safety presentation to schools and community groups. The presentation includes information on how the sun affects the body, the consequences of overexposure, and tips for protecting yourself from UV radiation. To schedule a presentation, call (636) 949-7413 or e-mail [hmilam@sccmo.org](mailto:hmilam@sccmo.org).

The St. Charles County Department of Community Health and the Environment is committed to the protection and enhancement of health and the quality of life for all members of our community. For more information, call (636) 949-7400 or visit [www.scchealth.org](http://www.scchealth.org).

# # #