

SunWise with SHADE

2011 Calendar

New York State Department of Health

More than one million new cases of skin cancer are diagnosed in the United States each year, making it the most commonly diagnosed cancer. The most common types of skin cancer are the less deadly basal cell carcinoma and squamous cell carcinoma. A third type of skin cancer is melanoma, which can cause the most serious health problems and can prove fatal. Approximately 7,800 people die annually in the United States from this disease. There are approximately 52,000 new cases of melanoma reported nationally every year with over 2,100 of those cases occurring in New York State.

Only a few blistering childhood sunburns are enough to double the risk for skin cancer as an adult. The majority of lifetime sun exposure occurs before the age of eighteen. Up to ninety percent of skin cancer cases are attributed to high ultraviolet radiation from the sun. The good news is that simple steps can be taken to help prevent skin cancer, especially when they are initiated early in life.

Protective behaviors that will greatly reduce the risk of overexposure to ultraviolet radiation produced by the sun include:

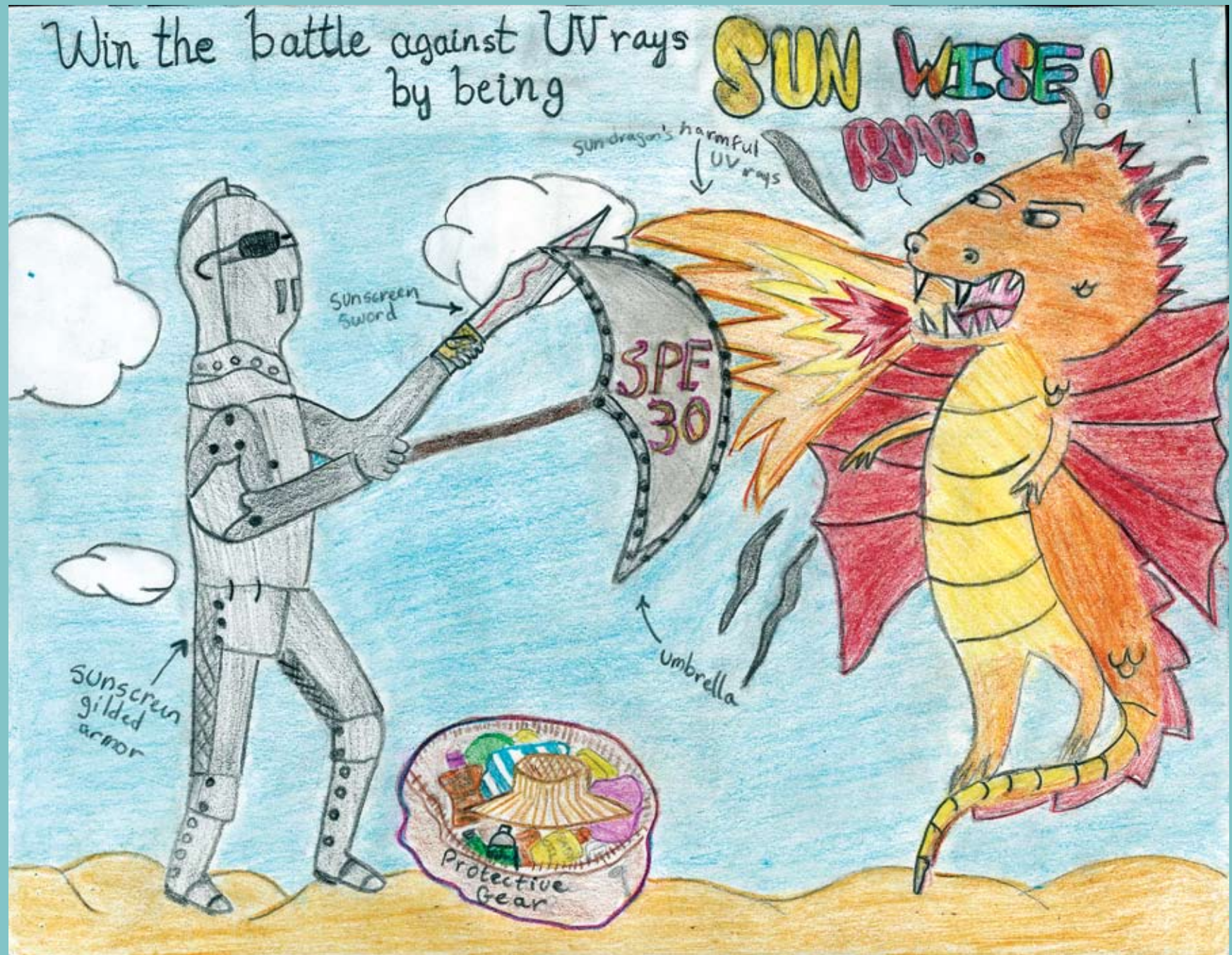
- Avoiding direct sunlight between 10 a.m. and 4 p.m., when the sun's ultraviolet rays are strongest. Burns can even occur on cloudy days;
- Seeking shade during peak hours;
- Wearing wide-brimmed hats and long-sleeved shirts with long pants whenever possible;
- Applying full spectrum (UVA and UVB) sunscreen SPF 15 or greater and applying it to skin fifteen to thirty minutes before going outdoors and again after swimming or sweating;
- Wearing sunglasses that block ninety-nine percent of UVA and UVB radiation.

Resources

New York State Department of Health
<http://www.nyhealth.gov/diseases/cancer/skin/>

The SHADE Foundation
<http://www.shadefoundation.org>

U.S. Environmental Protection Agency SunWise Program
<http://www.epa.gov/sunwise>



Angelina, 6th Grade Overall Winner
Rushmore Avenue School, Carle Place, NY

S	M	T	W	Th	F	January
26	27	28	29 Sun Tip! Burns can even occur on cloudy days.	30	31	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King, Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Kathryn, Kindergarten Winner
William Spyropoulos School of St. Nicholas, Flushing, NY

S	M	February			W	Th	F	Sa
30	31	1	2	3	4	5		
			Groundhog Day					
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
	Valentine's Day							
20	21	22	23	24	25	26		
	President's Day							
27	28	1	2	3	4	5	Sun Tip! Always wear sunglasses with UV ray protection.	

I heard it through the grapevine
Wearing sunblock is so fine.



Anthony, 1st Grade Winner
Our Lady of Grace, Brooklyn, NY

S	M	March			W	Th	F	S
27	28	1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31	1	2	Sun Tip! Apply full spectrum sunscreen SPF 15 or greater before going outside.	

St. Patrick's Day



Justyna, 2nd Grade Winner
P.S. 153, Maspeth, NY

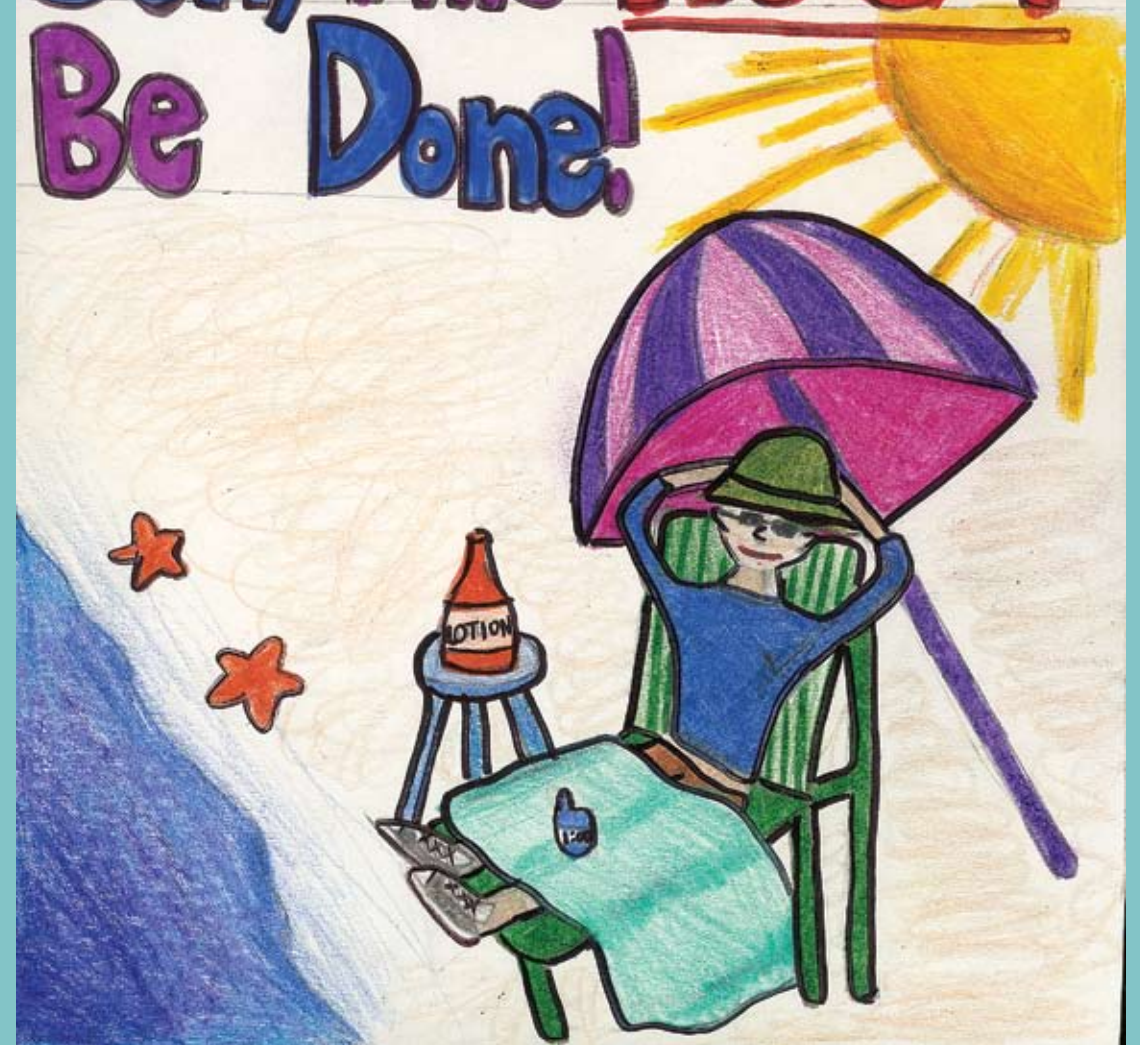
S	M	T	W	Th	April	Sa
27 Sun Tip! Avoid direct sunlight between 10 a.m. and 4 p.m. when the sun's rays are the strongest.	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Sean, 3rd Grade Winner
Our Lady of Grace, Brooklyn, NY

May	M	T	W	Th	F	Sa
1 May is Skin Cancer Awareness Month.	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Memorial Day	30	31	1	2	3	4

To Have Fun In The
Sun, This **MUST**
Be Done!



John, 4th Grade Winner
P.S. 204, Brooklyn, NY

S	M	T	June	Th	F	Sa
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

Flag Day

Father's Day

Sun Tip!
Always wear a
wide-brimmed
hat.



Kayla, 5th Grade Winner
Iroquois Intermediate School, Elma, NY

S	M	T	W	Th	July	Sa
26 Sun Tip! Reapply sunscreen every 90 minutes or after swimming or sweating.	27	28	29	30	1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Nusrat, 7th Grade Winner
Longwood Junior High School, Middle Island, NY

S	August					T	W	Th	F	S
31	1	2	3	4	5	6				
7	8	9	10	11	12	13				
14	15	16	17	18	19	20				
21	22	23	24	25	26	27				
28	29	30	31	<div>Sun Tip! Watch your shadow. "No shadow, seek shade!"</div>	2	3				



Kelly, 8th Grade Winner
MS 216 George J. Ryan, Fresh Meadows, NY

S	M	T	W	September		F	Sa
28	29	30 Sun Tip! Cover up with clothing to protect exposed skin.	31	1	2	3	
4	5 Labor Day	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	1	



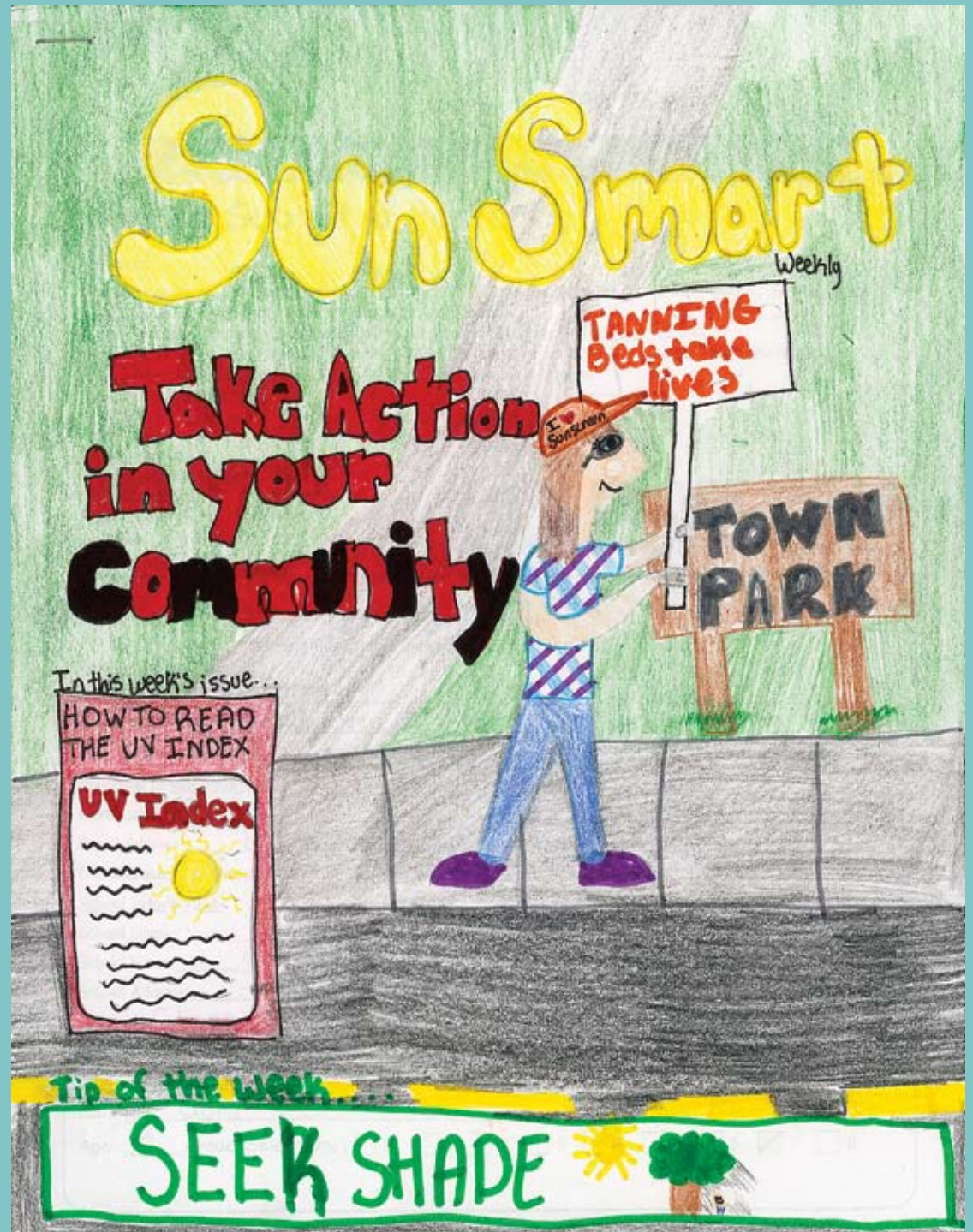
Jasmine, 3rd Grade Honorable Mention
Garrett A. Morgan P.S. 132 X, Bronx, NY

S	M	T	W	Th	F	October
25	26	27	28	29	30	1
					<div>Sun Tip! Seek shade during peak hours.</div>	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Columbus Day					
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	Halloween					



Jacquelyn, 8th Grade Honorable Mention
MS 216 George J. Ryan, Fresh Meadows, NY

S	M	November		W	Th	F	Sa
30	31	1	2	3	4	5	
6	7	8	9	10	11	12	
		Election Day			Veterans Day		
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
				Thanksgiving			
27	28	29	30	1	2	3	
				Sun Tip! Avoid sun lamps and tanning beds.			



Julia, 7th Grade Honorable Mention
Clarence Middle School, Clarence, NY

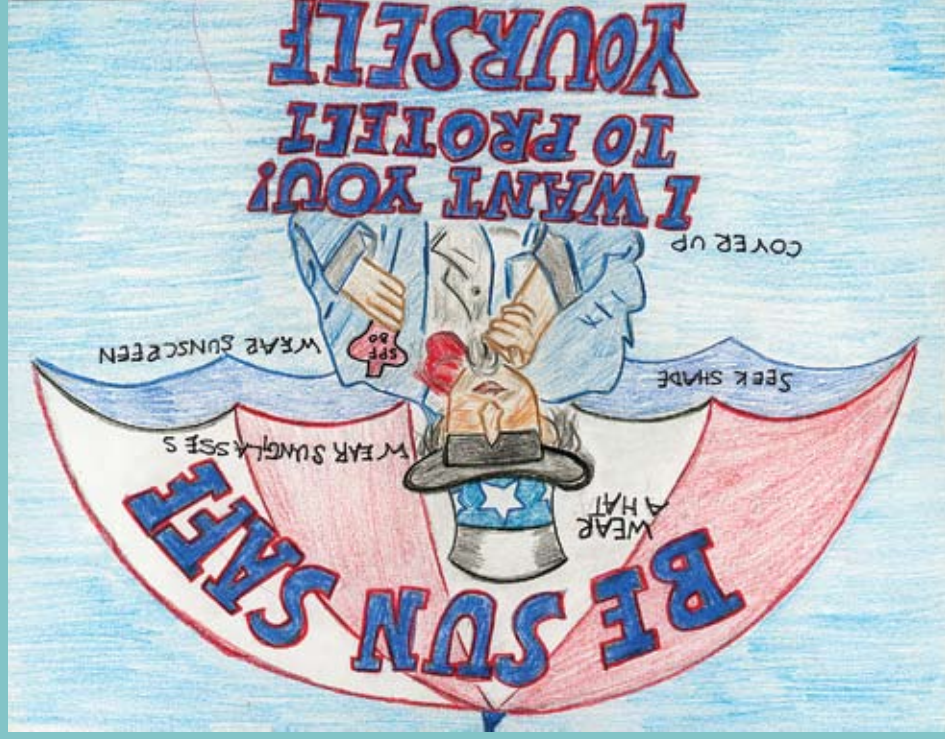
S	M	T	W	December		F	Sa
27	28 <div>Sun Tip! Watch for the UV Index – a forecast of UV intensity.</div>	29	30	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21 Hanukkah	22	23	24	
25 Christmas Day	26	27	28	29	30	31	

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The information contained herein does not necessarily reflect the position of the Centers for Disease Control and Prevention.

State of New York
Department of Health



Anjali, 8th Grade Honorable Mention
West Hollow Middle School, Melville, NY



Siyeong, 4th Grade Honorable Mention
PS 94, Little Neck, NY

