

Garden City Middle School Students Learn About Skin Cancer

On May 26th, sixth graders at GCMS learned about the importance of skin cancer prevention through Mollie's Fund annual outreach program. **Dr. Ted Daly, MD** (Garden City Dermatology), instructed students about following sun safe behaviors, which include using **sunscreen (SPF 30 UVA/UVB or more) and applying every two hours**, especially after swimming; **wear sunglasses, hats and protective clothing; seeking shade during 11-3 and never using a tanning bed.** Students viewed "The Dark Side of the Sun", an educational video created and produced by the foundation. **Dr. John Clarke, MD** ("The Physician Musician") performed his rap song "Stop Melanoma!" His lyrics explain how anyone can get melanoma and reiterate the lessons learned in the program. **Mrs. Lorraine Phillips**, GCMS nurse, wrote a special follow up letter to the parents asking them to support the lessons presented by the Bigganes and Drs. Daly and Clarke. The students received hats, "Have You Checked Your Skin Lately?" brochures and a download of Dr. Clarke's song, "Stop Melanoma!"



Mollie's Fund Presents to Sacred Heart Academy

Junior and Senior health and gym classes at Sacred Heart Academy were instructed about appropriate sun safe behaviors on May 16th. Molloy Nursing School faculty members Victoria Siegel, RN, EdD and Anna George, RN, PhD supported this outreach program. Dr. Siegel's presentation focused on the necessity of skin cancer prevention. She explained the ABCDE's of mole identification and emphasized the necessity of skin checks. She reminded students about the dangers of tanning beds and need to protect their skin from harmful UVA/UVB rays. People who first use a tanning bed before the age of 35 increase their risk for melanoma by 75%. Dr. George, explained how skin cancer does not discriminate - it can impact anyone of any age, sex or color. She shared with the girls that melanoma is the leading cancer



in young women aged 25-30 and second to breast cancer in the following age group. Students viewed "Dear 16 Year Old Me", a touching film of melanoma survivors that highlights their advice. Drs. Siegel and George and Mrs. Biggane reviewed key concepts and answered students' questions. Participants were able to check their individual sun damage with a skin analyzer machine.

The girls also received sunscreen samples and "Have You Checked Your Skin Lately?" brochures.

