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Sun Safety: Skin Cancer Fact Sheet

With the harsh summer sun blanketing the U.S., the danger of heat and sun-related illnesses increases. During the summer, it's especially important to take extra precautions to protect the body from potentially harmful ultraviolet rays.

Get the facts about skin cancer and other consequences of exposure to the sun. Review basic preventative measures that can help keep you and your family safe in the heat.



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Beat the Heat: Recognize the Symptoms of Heat Illness



Are you being wooed by the sapphire blue skies of summer? Take heed. Too much of the season's warmth can bring on heat exhaustion, the most common heat disorder. If not recognized and treated promptly, heat exhaustion can develop into heat stroke.

"Heat stroke is an avoidable outcome that too many people suffer from each year," explains Michael J. Sampson, D.O., an osteopathic

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family physician specializing in sports medicine.
"Everyone should be aware of the subtle signs of heat exhaustion.

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Fun Fact

The D.O. Symbol

The traditional symbol for modern medicine, including osteopathic medicine, is called the Staff of Asclepius and is represented by a single serpent coiled around a staff. This comes from the Greek mythological figure, Asclepius, who was a celebrated physician and the son of the Greek god of medicine, Apollo.

The Caduceus, a winged staff with two intertwined snakes, is often mistaken as the correct medical symbol. It comes from the Greek god, Hermes, messenger of the gods and guider of dead souls to the underworld.

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