



# PLAY IT SAFE: PROPER SUN SAFETY SAVES LIVES.

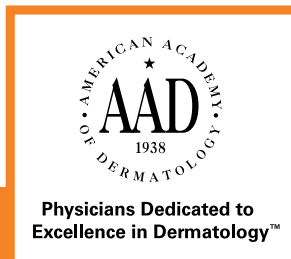


Dr. Thomas Rohrer screens Pedroia for skin cancer.

MIKE IVINS/BOSTON RED SOX

**“You’ve got to get checked. That’s the biggest thing. It only takes two minutes and it can save your life. If you find it early, then you’re fine.”**

—Red Sox infielder Dustin Pedroia



## SUN-SAFETY TIPS

1. Before going out in the sun, always apply sunscreen with an SPF of at least 15 that provides broad-spectrum protection from both UVA and UVB rays to all exposed skin.
2. Re-apply sunscreen after swimming or sweating.
3. Seek shade during peak sun hours.
4. Wear protective clothing, such as long sleeves, pants, sunglasses and a hat.
5. Check your skin regularly. If you notice a mole or spot changing, growing or bleeding, see a dermatologist.

For more sun-safety tips or info on free skin cancer screenings, please visit: [aad.org](http://aad.org) (American Academy of Dermatology); [PlaySunSmart.org](http://PlaySunSmart.org) (*Play Sun Smart*); [skincancerprevention.org](http://skincancerprevention.org) (National Council on Skin Cancer Prevention); [cancer.org](http://cancer.org) (American Cancer Society); [melanoma.org](http://melanoma.org) (Melanoma Research Foundation); [shadefoundation.org](http://shadefoundation.org) (Shade Foundation); and [skincancer.org](http://skincancer.org) (Skin Cancer Foundation).

All summer, millions of members of Red Sox Nation watch 2008 American League MVP Dustin Pedroia play ball for Boston. Pedroia hopes that fans pay just as much attention to his dedication to sun safety as they do to his hitting stats.

Pedroia is the national spokesman this year for MLB’s Play Sun Smart campaign, a partnership with the American Academy of Dermatology. The cause is near and dear to him, as his wife, Kelli, was a victim of melanoma when she was 18, and had several skin-cancer recurrences — though not melanoma — in the ensuing years.

“I don’t really care personally that I’m the MVP, but if I can use that to get my point across to people ... if it saves people from getting skin cancer or melanoma or having to go through what Kelli has gone through, that’s awesome.”

“I was 18,” Kelli Pedroia says. “I was irresponsible. It could be part genes, part lifestyle, but I could have easily prevented it. I think that’s the word we’re trying to get out.

“You can still go out and have a good time. Go to a baseball game — no problem. Go sit in the shade or put sunscreen on before you go. It takes two minutes, and you’re not putting yourself at risk.”

Kelli is active in getting her message out there, speaking regularly at high schools. And, yes, having an MVP for a husband helps her spread the word. But the Pedroias are far from the only members of the baseball family to be affected by skin cancers. Commissioner Bud Selig was diagnosed with melanoma five years ago, and he has spearheaded the Play Sun Smart initiative.

*A version of this text, by Ian Browne, originally appeared on MLB.com.*

**“This is an important cause for me, personally, and I am delighted that the Pedroias have joined our growing list of Major League ambassadors in promoting sun safety and skin cancer prevention. Like my own, the lives of the Pedroias, Derek Lowe, Mark Loretta and Johan Santana have been touched by skin cancer. This summer we want every fan to Play Sun Smart and protect themselves whenever and wherever they are exposed to the sun — especially at the ballpark.”** —Commissioner Bud Selig