July is Sarcoma Awareness Month and while it is a very rare cancer (accounting for about 1% of all adult cancers), it is largely common in children, accounting for about 15% of all childhood cancers.

Unlike other cancers, sarcomas are not linked to lifestyle factors such as smoking, diet and exercise. Still, scientists have identified a few risk factors for sarcomas:

- Radiation given to treat other cancers
- Family cancer syndromes
- A damaged lymph system
- Exposure to certain chemicals

For more information on Sarcomas and prevention please visit The American Cancer Society.

The San Jacinto College—Pasadena partnership with the ALAC program is under way! Our partners at the Kelsey Research Foundation gave a wonderful presentation on the ALAC program on June 25th. We are looking forward to offering classes at the San Jacinto College – Pasadena campus!

UV Safety Month
July is also UV Safety Month and the ALAC team would like to remind you to be safe in summer sun:

- Use sunscreen every day, even if it is cloudy
- Apply at least 1 oz of sunscreen 15-30 min before going outside
- Choose a sunscreen that protects against UVA and UVB rays
- Reapply sunscreen every two hours
- Limit the amount of sun exposure between 10am—4pm
- Be cautious if you are taking medications that make you sensitive to the sun.