

BY: Senator PERSAUD

MEMORIALIZING Governor Kathy Hochul to proclaim November 2023, as Healthy Skin Month in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official months that are set aside to increase awareness of serious health issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Kathy Hochul to proclaim November 2023, as Healthy Skin Month in the State of New York, in conjunction with the observance of National Healthy Skin Month; and

WHEREAS, Sponsored by the American Academy of Dermatology, National Healthy Skin Month is observed each November to bring awareness to what it takes to keep your skin healthy, as well as understanding how to treat and prevent common skin problems; and

WHEREAS, Your skin is your body's largest organ and reveals a lot about your overall health; National Healthy Skin Month stresses how to correctly use sunscreen and offers helpful tips on how to check your skin periodically to prevent skin cancer; and

WHEREAS, During the 1990s, marketing campaigns pushed UVA protection and promoted sunscreens with UVA protection against cancer and premature aging; and

WHEREAS, Stress makes your skin break out and can make skin conditions like psoriasis much worse; it is important to get enough rest and to exercise in the fresh air; and

WHEREAS, Hydrating your entire body by drinking eight glasses of water daily is another way to moisturize your precious skin; add lemons and other fruit to make your daily drinks even more refreshing; water clears out the dangerous toxins that hurt your skin; and

WHEREAS, Since November is National Healthy Skin Month, winter is an especially good time to check yourself carefully for spots with unusual shapes or colors that might indicate skin cancer; look for moles that seem to appear; furthermore, people with darker complexions are not exempt from skin cancer; although skin irregularities are not often apparent on darker skin, people with darker skin tend to die more often from skin cancer; and

WHEREAS, It is imperative that there be greater awareness of this serious health issue, and more must be done to increase activity at the local, State and National levels; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to

memorialize Governor Kathy Hochul to proclaim November 2023, as Healthy Skin Month in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.