



Skin Cancer

The Facts:

- * 1 in 5 Americans will develop skin cancer in the course of their lifetime
- * 1 person dies of melanoma (skin cancer) *each hour*
- * Basal cell carcinoma is the most common form of skin cancer; an estimated 28 million people are diagnosed annually in the US
- * Squamous cell carcinoma is the second most common form of skin cancer; an estimated 700,000 people are diagnosed annually in the US
- * Nearly 50% of Americans who live to age 65 will have skin cancer at least once
- * Your risk for developing melanoma doubles if you have had more than 5 sunburns
- * People who first use a tanning bed before age 35 increase their risk of melanoma by 75%



These facts are quite staggering. So, how do you protect yourself?

- * Exam your skin *every month* from head to toe
- * See your physician *every year* for a professional skin examination
- * Seek the shade, especially between 10 AM and 4 PM
- * Use a broad spectrum sunscreen that protects against UVA and UVB rays
- * Use a high quality product (look for the Skin Cancer Foundations Seal of Recommendation) with an SPR of 15 or greater
- * Apply 1 oz. of sunscreen 30 minutes before going outside. Then, every 2 hours or immediately after swimming, toweling off, or sweating a great deal

What are the symptoms?

- * A new growth or sore that doesn't heal, or a change in a mole
- * Remember your ABCDE's. Is the mole **Asymmetrical** or irregular in shape? Are the **Borders** irregular? Is there a **Change** in color? Is the **Diameter** of the mole larger than a pea? Is the mole **Evolving**? If you answer "yes" to any of these questions please see your physician as soon as possible

