

WAYS TO REDUCE YOUR RISK OF SKIN CANCER

A person's risk for melanoma doubles if you've had **5+** sunburns.

WEAR SUNSCREEN DAILY

Sun exposure happens on cloudy and overcast days, while you're driving, walking, or sitting by a sunny window. Reduce your risk of skin cancer by slathering on at least 1 oz. or 2 tbsp. of SPF 15+ sunscreen (SPF 30+ if outdoors) 30 minutes before going outside. Reapply every two hours or after you sweat or swim.



THE NUMBERS:

1,000,000

NUMBER OF AMERICANS LIVING WITH MELANOMA

1 in 5

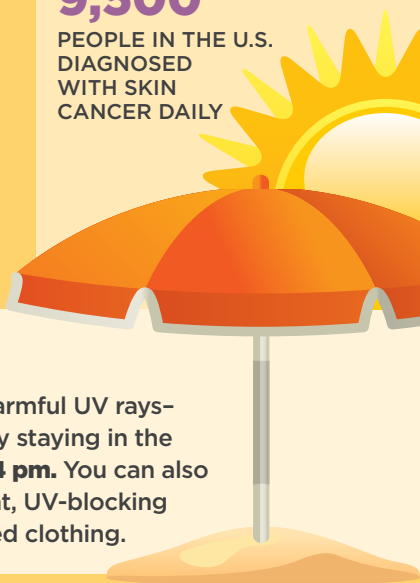
AMERICANS WHO WILL DEVELOP SKIN CANCER IN THEIR LIFETIME

9,500

PEOPLE IN THE U.S. DIAGNOSED WITH SKIN CANCER DAILY

SEEK SHADE

Protect your skin from harmful UV rays—even on overcast days—by staying in the shade between **10 am – 4 pm**. You can also wear a wide-brimmed hat, UV-blocking sunglasses, and UPF-rated clothing.



AVOID SUNBURN AND TANNING

There's no such thing as a healthy tan. Anytime your skin looks tanned or burned means it has been damaged. Never use a tanning bed.

PROTECT YOUR CHILDREN

Keep babies under 6 months out of the sun and protected with long sleeves and pants, a stroller shade, sunglasses and a hat. Children over 6 months of age should wear broad-spectrum sunscreen and a protective hat and clothing when outdoors.

20





THE NUMBER OF AMERICANS WHO DIE FROM MELANOMA EVERY DAY

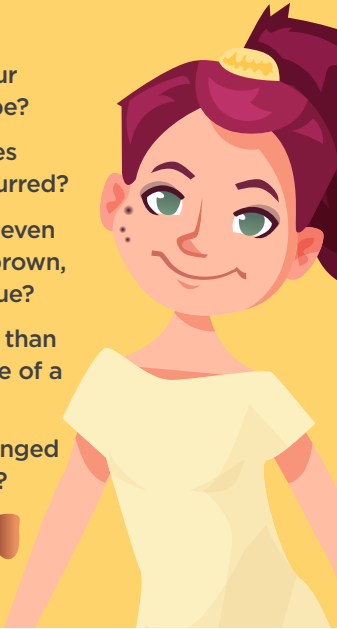
60-75%

PERCENT OF MELANOMA ARISING IN THE PALMS, SOLES, NAILS, GROIN AND INSIDE THE MOUTH OF PEOPLE OF COLOR.

CHECK YOUR SKIN

If you have a mole or spot, look for the ABCDEs of skin cancer.

-  **A: Asymmetrical** - Is your mole an irregular shape?
-  **B: Border** - Are the edges irregular, jagged or blurred?
-  **C: Color** - Is the color uneven or contain shades of brown, black, red, white or blue?
-  **D: Diameter** - Is it larger than 6mm across or the size of a pencil eraser?
- E: Evolution** - Has it changed in size, shape or color?



Source: www.skincancer.org



Contact us for more information
Call 954-265-HEAL (4325)

Visit MHS.net/cancer