

# SKIN CANCER

is the **MOST COMMON**  
of all cancer types

More than 3.5 million are diagnosed  
annually in the U.S.

Most skin cancer is caused by exposure to the Sun's **UVA and UVB** Ultraviolet (UV) Rays. Both UVA and UVB rays cause damage to DNA, which may greatly increase skin cancer risk. Protecting yourself is vital to skin cancer prevention.

**ANYONE CAN GET SKIN CANCER** but extra precaution should be taken if you have these risk factors:

- have natural blond or red hair
- have freckles
- are fair-skinned
- spend a lot of time outdoors
- take medications that make you sensitive to light
- live in hot climates or high altitudes
- have a medical condition that lowers your immune system
- have a lot of moles, large moles, or irregular shaped moles
- have a family history of skin cancer
- have had skin cancer before



## 5 WAYS TO PROTECT YOUR SKIN

**Slip Slop Slap Seek Slide**



**Slip** - on clothes to cover up

**Slop** - on sunscreen

**Slap** - on a hat to protect your scalp

**Seek** - shade, especially from 10am to 4pm

**Slide** - on sunglasses to protect your eyes

### SUNSCREEN BONUS!

Daily use of sunscreen can also slow the development of wrinkles and sagging skin.

### Choosing the right SPF (Sun Protection Factor) MATTERS!



## Choose the right sunscreen

Use at least **SPF 30** that is **water resistant** for 40 minutes of total protection

**SPF 30** blocks **97%** of UVB Rays

### Apply correctly

- Use a generous amount, about a palmful and cover arms, legs, neck and face.
- Don't forget to apply to underarms, feet, hands and ears.
- Reapply every two hours or more often if you are getting wet - sweating, swimming.
- Check the label. Sunscreen does expire.



**Don't forget the kids!**

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COMBINED**