



DID YOU KNOW?

Skin cancer is the most common cancer in the United States. Each year there are more new cases of skin cancer than breast, prostate, lung and colon cancer **combined**. Skin cancer can affect anyone, **regardless of skin color or age**. While melanomas are less common in African Americans, Latinos, and Asians, they are frequently fatal in these populations due to late-stage diagnosis.

About 86% of melanomas and 90 % of nonmelanoma skin cancers are associated with ultraviolet rays from the sun. Because skin cancer is primarily related to behavior, it is highly preventable.

TIPS TO LOWER YOUR RISK

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not burn.**
- **Avoid tanning** and never use tanning beds.
- **Cover up** with UV protection clothing, a broad-brimmed hat, and UVA and UVB blocking sunglasses.
- Use a UVA/UVB **sunscreen** with a sun protection factor (SPF) of 15 or higher **every day**. If you will be outdoors, use a water-resistant sunscreen with an SPF of 30 or higher.
- Apply at least 2 tablespoons of sunscreen **30 minutes before** going outside and reapply every two hours or after swimming or excessive sweating.
- Keep **newborns out of the sun**. Use sunscreen on babies over six months of age.
- **Examine** your skin every month. Have a friend examine your back and scalp.
- See your **physician** for a professional skin exam.



Skin Cancer Foundation (2015, April 29). *Skin Cancer Awareness Month Tips from the Skin Cancer Foundation*. Retrieved from <http://www.skincancer.org/media-and-press/press-release-2015/skin-cancer-awareness>

Hu S, Soza-Vento R.M, Parker D.F, & Kirsner R.S. (2006, June). Comparison of stage at diagnosis of melanoma among Hispanic, black, and white patients in Miami-Dade County, Florida. *Arch Dermatology*, 142(6):704-708.

Cress R.D, & Holly E.A. (1997) Incidence of cutaneous melanoma among non-Hispanic whites, Hispanics, Asians, and blacks: An analysis of California cancer registry data, 1988-93. *Cancer Cause Control*, (8), 246-52.

THE FIVE WARNING SIGNS OF MELANOMA: LEARN YOUR ALPHABET

- A – Asymmetry: If you draw a line through the mole, and the two halves do not match, it is asymmetrical.



BENIGN

MALIGNANT

- B – Borders: The borders of an early melanoma tend to be uneven, scalloped or notched.



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- C – Color: A malignant mole may be a variety of colors such as tan, brown, black, red, white, or blue.



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- D – Diameter: Melanomas are usually larger in diameter than the eraser on your pencil tip.



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- E – Evolving: If the appearance of the mole evolves or changes over time, see a doctor. The change may be in size, shape, color, elevation, or it may bleed, itch, or get crusty.

