

THE MINI SKIN CANCER PREVENTION HANDBOOK

The Facts About Skin Cancer



1 in 5 Americans will develop skin cancer in the course of a lifetime.



1 person dies of melanoma every hour.



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 five sunburns.



Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50%.



People who first use a tanning bed before age 35 increase their risk for melanoma by 75%.



How to Protect Your Skin



1. Seek the shade, especially between 10 AM and 4 PM.
2. Do not burn.
3. Avoid tanning and UV tanning booths.



4. Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
5. Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
6. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.



7. Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
8. Examine your skin head-to-toe every month.
9. See your physician every year for a professional skin exam.

