

MELANOMA & SKIN CANCER

AWARENESS MONTH

• MAY •



Skin cancer is the most common type of cancer in the U.S., with melanoma being its most serious form. The good news is that many cases of skin cancer are preventable. Before you head outside to enjoy the sunshine and fresh air, learn how you can protect yourself and your family for a healthier future.

Skin Cancer Prevention Tips:

- **Use Sunscreen:** Apply SPF 30+ sunscreen daily, even on cloudy days. Reapply every two hours.
- **Seek Shade:** Stay out of direct sun between 10 a.m. and 4 p.m.
- **Wear Protective Gear:** Use hats, sunglasses, and wear long-sleeved clothing
- **Avoid Tanning Beds:** They increase your risk of skin cancer

Sunscreen

Sunscreen is an important tool in the fight against skin cancer, including melanoma. Using sunscreen is one of the most effective ways to protect your skin from harmful Ultraviolet (UV) rays. Choosing a sunscreen with the right Sun Protection Factor (SPF) is essential for maintaining your skin's health. SPF measures how much UV radiation is required to cause sunburn on skin protected by sunscreen compared to skin that is unprotected. Higher SPF values provide greater protection against sunburn.

The American Academy of Dermatology recommends choosing a sunscreen with the following:

- **Broad spectrum:** This protects the skin from Ultraviolet A and B (UVA and UVB) rays, both of which can cause cancer
- **SPF 30 or Higher:** Indicates how well a sunscreen protects you from sunburn
- **Water-Resistant for up to 40 or 80 minutes:** Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours, or after swimming or sweating

What to Look For

(ABCDEs of melanoma)

- **Asymmetry:** One half does not match the other
- **Border:** Irregular or poorly defined edges
- **Color:** Multiple colors or unusual shades
- **Diameter:** Larger than a pencil eraser
- **Evolving:** Changes in size, shape, or color

Sources:

- www.healthylearn.com/connerstrong/hn/melanoma-and-skin-cancer-awareness.html
- <http://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/practice-safe-sun>



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