

## The Facts About Skin Cancer



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



Your risk for developing melanoma doubles if you have had more than five sunburns.



1 person dies of melanoma every hour.



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



Nearly 50% of Americans who live to age 65 will have skin cancer at least once.

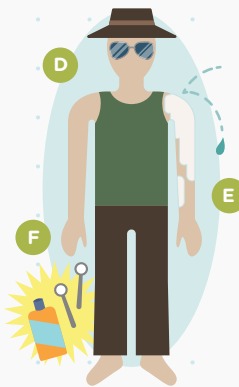


People who first use a tanning bed before age 35 increase their risk for melanoma by 75%.

## How to Protect Your Skin



- A.** Seek the shade, especially between 10 AM and 4 PM.
- B.** Do not burn.
- C.** Avoid tanning and UV tanning booths.



- D.** Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- E.** 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.
- F.** 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.



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