DON'T FRY: PREVENTING SKIN CANCER

Skin cancer is the most common of all cancer types. More than 5.4 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

**NEW SKIN CANCER CASES IN THE US IN 2019**

<table>
<thead>
<tr>
<th>Skin Cancer (non-melanoma)</th>
<th>5.4 million</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Breast Cancer</td>
<td>268,600</td>
</tr>
<tr>
<td>Lung Cancer</td>
<td>228,150</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>174,650</td>
</tr>
<tr>
<td>Colorectal Cancer</td>
<td>145,600</td>
</tr>
</tbody>
</table>

**MOST SKIN CANCERS ARE CAUSED BY THE SUN’S UVA AND UVB ULTRAVIOLET (UV) RAYS**

<table>
<thead>
<tr>
<th>UVA RAYS</th>
<th>UVB RAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin surface</td>
<td>DNA damage</td>
</tr>
<tr>
<td>Epidermis</td>
<td>Sunburns</td>
</tr>
<tr>
<td>Wrinkles</td>
<td>Eye problems</td>
</tr>
<tr>
<td>Looseness</td>
<td>DNA damage</td>
</tr>
<tr>
<td>Pre-mature age</td>
<td></td>
</tr>
</tbody>
</table>

UVA and UVB rays cause DNA damage, which greatly increases skin cancer risk.

**PROTECTING YOURSELF IS VITAL**

- **Sunscreen**: what to look for
  - Broad spectrum protects against both UVA and UVB rays
  - SPF 30 (or higher) to filter 97% of UVB rays
  - Expiration date

- **How to apply it**
  - Be generous! About a palmful to cover arms, legs, neck, and face.
  - Reapply at least every 2 hours, especially after sweating or swimming.

- **More Protection**
  - Seek shade (especially 10 a.m. to 4 p.m.)
  - Wear a hat
  - Wear sunglasses
  - Protect upper arms and legs with clothing
  - Cover up the kiddies, too!
  - Ditch tanning beds or lamps

**ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU**

- Have natural blond or red hair
- Take medications that make you sensitive to light
- Have had a lot of sunburns and burn before tanning
- Have a condition that lowers your immune system
- Have a family history of skin cancer, especially melanoma
- Have a lot of moles, or large or irregularly shaped moles
- Live in or travel to tropical climates or high altitudes

**WE'RE FIGHTING CANCER ON ALL FRONTS.**

From helping patients access services such as free rides to treatment, free lodging near hospitals, and a 24/7 cancer helpline, to fostering cutting-edge research and breakthroughs, to advocating on behalf of cancer patients – the American Cancer Society is leading the fight.

© 2019, American Cancer Society, Inc. No. 0012882 Rev. 2/19 All rights reserved. The American Cancer Society is a qualified 501(c)(3) tax-exempt organization and donations are tax-deductible to the full extent of the law.