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 THIS YEAR

- SKIN CANCER (non-melanoma) 5.4 million
- FEMALE BREAST CANCER 266,120
- LUNG CANCER 234,030
- PROSTATE CANCER 164,690
- COLORECTAL CANCER 140,250

= 100,000 cases

= 10,000 cases

PROTECTING YOURSELF IS VITAL

BROAD SPECTRUM
Protects against both UVA and UVB rays

SPF 30
...at least!

EXPIRATION DATE
Lasts 2 to 3 years

FIND YOUR SHADE

SPF 30 BLOCKS 97% OF UVB RAYS

HOW TO APPLY IT

Be generous! 1 ounce (about a palmful) should be used to cover the arms, legs, neck, and face. Don’t forget your ears, hands, feet, and underarms. Reapply at least every 2 hours. More often if you’re in and out of water or sweating.

SPF 30 PROTECTS:

- Skin surface
- Epidermis
- Hair follicles
- Wrinkles
- Loose skin
- Premature aging
- Sunburns
- Eye problems
- DNA damage

UV AND UVB RAYS

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

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

- have natural blond or red hair
- have freckles
- are fair skinned
- have had a lot of sunburns and burn before tanning
- have a condition that lowers your immune system
- have had skin cancer before
- live in or travel to tropical climates or high altitudes
- have a family history of skin cancer, especially melanoma
- have a lot of moles, or large or irregularly shaped moles

DITCH TANNING BEDS OR LAMPS

SEEK SHADE
(especially 10 a.m.-4 p.m.)

COVER UP WITH CLOTHING

WEAR A HAT

WEAR SUNGLASSES

Learn More // cancer.org/skincancer
Stay Protected // cancer.org/sunsafety
Detect Early // cancer.org/skincancerimages
Donate // cancer.org/donate

TOGETHER, WE ARE STRONGER THAN CANCER.
The American Cancer Society is global grassroots force of nearly two million strong. Our mission is to save lives, celebrate lives, and lead the fight for a world without cancer.