

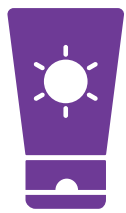


Skin Cancer: Reduce Your Risk & Increase Detection



More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. Unfortunately, 20% of us will develop skin cancer by the age of 70, but, **when it’s discovered early, there is a 5-year survival rate of 99%.**

Nearly all skin cancers are associated with exposure to radiation from the sun. It only takes one blistering sunburn in childhood to double a person’s chances.



Sunscreen is the best way to protect yourself from exposure to UV rays, the main cause of skin cancer.

Types of Skin Cancer

- **Basal cell cancer:** Most common, with 3.6 million cases diagnosed in the U.S. each year.
- **Squamous cell cancer:** Second most common, with 1.5 million cases diagnosed in the U.S. annually, causing more than 15,000 deaths.
- **Melanoma:** Most rare but most dangerous, estimated to cause 7,130 deaths this year (64% men, 36% women). In the past decade, the number of new invasive cases diagnosed annually increased by 44%.

Ways to Reduce Your Risk

- See a dermatologist at least once a year for your preventive skin exam.
- Check moles and growths frequently. Look for the “ABCDEs”: Asymmetrical, irregular Borders, different/unusual Colors, Diameter (>6mm), Evolving (change in shape, size, or color).
- Avoid tanning booths — more people develop skin cancer because of indoor tanning than develop lung cancer from smoking.
- Avoid direct sunlight between 10 a.m. and 4 p.m., and wear a hat, sunglasses, and protective clothing.
- Protect exposed skin by using a broad-spectrum, water-resistant sunscreen with at least SPF 30, and reapply every two hours.

Pick a Safe Sunscreen

- ✓ Sunscreens that contain zinc oxide or titanium dioxide are recognized by the FDA as safe and effective for protecting against sun exposure.
- ✗ Sunscreens that contain oxybenzone are no longer recommended by the American Academy of Pediatrics for use on children due to possible negative side effects.

Sources:
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