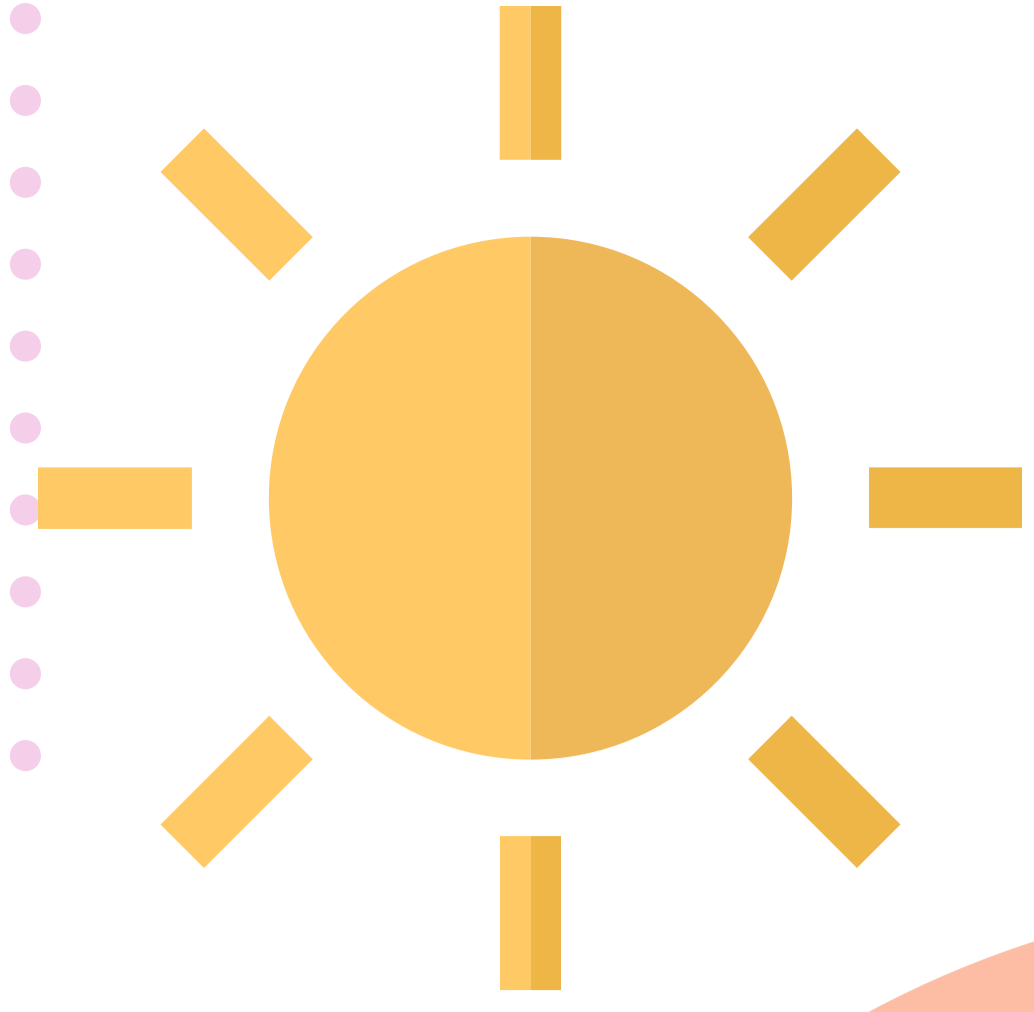


Skin Cancer

Protect your skin



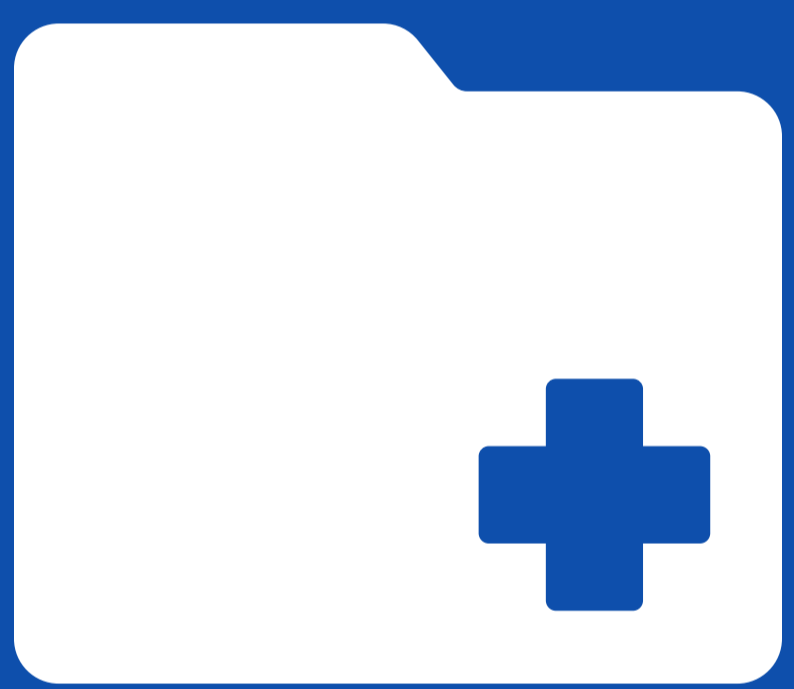
You can have fun outdoors AND decrease your risk of developing skin cancer!



Skin Cancer Caused by Damaging UV Rays

Ultraviolet (UV) rays are invisible radiation from the sun, tanning beds and sunlamps. These rays can damage skin cells and cause skin cancer.

Types of skin cancer that are highly curable are basal cell and squamous cell carcinomas. Melanoma is a skin cancer that is hard to treat and causes the most deaths.



Risk Factors

ANYONE can get skin cancer, but people are at greater risk if they have these characteristics:

- Lighter natural skin color
- Blue or green eyes
- Older age
- A family history of skin cancer
- Certain types and large number of moles



Reduce Your Risk!

- Stay in the shade
- Wear clothing that covers your arms and legs
- Wear a hat
- Wear sunglasses
- Use sunscreen
- Avoid indoor tanning

Source: Centers for Disease Control and Prevention



Spot Skin Cancer

Not all skin cancers look the same and they can occur anywhere on the body. Many doctors recommend to check your own skin about once a month. To learn more about what skin cancer looks like and how to do a skin self-exam visit: www.cancer.org/cancer/skin-cancer.html