



Skin Cancer and 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 a large number of moles

For people of color, skin cancer is often diagnosed too late, making it harder to treat.

ABCDE's of Melanoma

Learn the symptoms of skin cancer

- **A is for Asymmetry:** One half of a mole or birthmark does not match the other.
- **B is for Border:** The edges are irregular, ragged, notched, or blurred
- **C is for Color:** The color is not the same all over.
- **D is for Diameter:** The spot is larger than 6 millimeters across (about 1/4 inch - the size of a pencil eraser), although melanomas can sometimes be smaller than this.
- **E is for evolving:** The mole is changing in size, shape and color.



Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the ABCDE's of Melanoma.

Source: [Centers for Disease Control and Prevention](#)

Sun Protective Behaviors



- Seek shade between 10am - 4pm
- Wear clothing that covers your arms and legs
- Wear a wide-brimmed hat and sunglasses
- Use sunscreen

Avoid indoor tanning!



There are certain chemicals in some sunscreens that can be harmful to ocean corals.

For **reef-friendly** sunscreens, look for sunscreens that contain Zinc Oxide or Titanium Dioxide.