HOW DOES THE SUN AFFECT YOUR SKIN?

UVA = AGING

UVB = BURNING
IS THERE A SAFE WAY TO TAN?

Tanning – indoors or out – can lead to:

- Sunburn
- Age Spots
- Wrinkles
- Skin Cancer
UV CAMERA

The **DAMAGE** Beneath Your Skin

She's only 17!
WHO WILL IT BE?

ONE IN FIVE Americans will develop skin cancer in their lifetime.
TYPES OF SKIN CANCER

Research estimates that nonmelanoma skin cancer, including basal cell carcinoma and squamous cell carcinoma, affects more than 3 million Americans a year. More than 1 million Americans are living with melanoma.
BASAL CELL CARCINOMA

The **MOST COMMON** form of skin cancer.

Most often appears on sun-exposed areas such as the **FACE, SCALP, EARS, CHEST, BACK, and LEGS**.

Looks like a **FLESH-COLORED, PEARL-LIKE BUMP** or a **PINKISH patch** of skin.
SQUAMOUS CELL CARCINOMA

The SECOND MOST COMMON form of skin cancer.

Tends to form on sun-exposed areas, such as the RIM OF THE EAR, FACE, NECK, ARMS, CHEST, and BACK.

Looks like a RED FIRM BUMP, SCALY PATCH, or a SORE THAT HEALS AND THEN RE-OPENS.
MELANOMA

The MOST SERIOUS form of SKIN CANCER.

Can develop in an EXISTING MOLE or suddenly appear as a NEW SPOT ON THE SKIN.

Most frequently appears on the UPPER BACK, TORSO, LOWER LEGS, HEAD and NECK.
MELANOMA

ONE American DIES from melanoma EVERY HOUR.

It is the SECOND most common cancer in females 15-29 YEARS OLD.
WHO GETS MELANOMA?

Anyone can develop melanoma
WHAT DOES MELANOMA LOOK LIKE?

A) ASYMMETRY
One half is unlike the other half.

B) BORDER
Irregular, scalloped or poorly defined border.

C) COLOR
Varied from one area to another; has shades of tan, brown or black; sometimes white, red, or blue.

D) DIAMETER
While melanomas are typically greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.

E) EVOLVING
A mole or skin lesion that looks different from the rest or is changing in size, shape or color.
Example:
SCREEN THE ONES YOU LOVE

The best way to detect skin cancer early, when it is most treatable, is to perform a skin self-exam on a regular basis.
HOW TO SPOT SKIN CANCER™

The American Academy of Dermatology encourages everyone to check your skin regularly.
PREVENT SKIN CANCER

Seek shade

Wear protective clothing

Generously apply sunscreen
WHAT CAN I DO TO PROTECT MYSELF?

The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:

**BROAD-SPECTRUM**
This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

**SPF 30 OR HIGHER**
This indicates how well a sunscreen protects you from sunburn.

**WATER RESISTANT OR VERY WATER RESISTANT**
While sunscreens can be “water resistant” (for 40 minutes) or “very water resistant” (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.
PREVENT SKIN CANCER

- Use caution around water, sand and snow
- Get vitamin D safely from a healthy diet and/or supplements
- Avoid tanning beds