UV EXPOSURE
Exposure to ultraviolet (UV) radiation from sunlight or indoor tanning increases the risk of all skin cancers.

SKIN CANCER BY GENDER
- Women have a higher incidence of skin cancer before age 50. However, men over 50 have a higher risk.
- Indoor tanning is more common among young women.

ADDITIONAL RISK FACTORS
- Light skin color is a major risk factor for all skin cancer types.
- History of precancerous lesions or skin cancer; weakened immune system; advanced age; and atypical, large, or numerous (50+) moles.

Basal cell carcinoma is the most common type of skin cancer, representing about two-thirds of nonmelanoma skin cancer in the US.

UNDERSTANDING THE RISKS

PREVENTION & PROTECTION

Most skin cancer cases and deaths are caused by UV exposure and are thus preventable.

- Avoid the sun at peak hours, sunbathing, and indoor tanning.
- Seek shade when outdoors.
- Wear protective clothing (long sleeves, a wide-brimmed hat, etc) and sunglasses.
- Use broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30.
**EARLY DETECTION**

Detect skin cancer early, when it's most treatable

- **BE AWARE** of new or changing skin spots or growths
- **SELF EXAMINE** your skin regularly
- **CONSULT** your dermatologist for any new or suspicious spots or a change in a lesion’s appearance (size, shape, color, new bleeding, etc)

**PROGNOSIS & TREATMENT**

Almost all cases of nonmelanoma skin cancer can be cured by removing the lesion through minor surgery or other techniques (eg, freezing), especially if detected and treated early. Radiation therapy and/or certain topical medications may also be used. For more advanced skin cancers (which are uncommon), treatment with systemic drugs may be an option for appropriate patients.

### Debunking common skin cancer myths

<table>
<thead>
<tr>
<th>MYTH</th>
<th>TRUTH</th>
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<tbody>
<tr>
<td>Dark-skinned people are not at risk</td>
<td>Affects people of all skin colors</td>
</tr>
<tr>
<td>Sunscreen is not required on a cloudy day</td>
<td>UV radiation can be harmful even under cloud cover</td>
</tr>
<tr>
<td>Indoor tanning is safer than UV radiation from the sun</td>
<td>Indoor tanning devices can emit 10-15 times higher UV radiation than the sun at its peak intensity</td>
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<tr>
<td>Only affects sun-exposed areas</td>
<td>Can also appear on non–sun-exposed areas</td>
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**References:**