



SKIN CANCER Awareness Month

SKIN CANCER IS THE MOST DIAGNOSED CANCER WORLDWIDE AND IN THE US¹

PRE-CANCER ²	SKIN CANCER ^{3,4}
<ul style="list-style-type: none">• Actinic keratosis• Atypical mole	<ul style="list-style-type: none">• Melanoma• Nonmelanoma skin cancer<ul style="list-style-type: none">- Cutaneous squamous cell carcinoma- Basal cell carcinoma- Rare skin cancers

Basal cell carcinoma is the most common type of skin cancer, representing about two-thirds of nonmelanoma skin cancer in the US⁵

UNDERSTANDING THE RISKS⁶



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

PREVENTION & PROTECTION⁶

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**



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EARLY DETECTION

Detect skin cancer early, when it's most treatable⁷



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^{6,8}



Surgery



Radiation



Systemic therapy
(chemotherapy and immunotherapy)

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

MYTH	TRUTH
• Dark-skinned people are not at risk	• Affects people of all skin colors ^{9,10}
• Sunscreen is not required on a cloudy day	• UV radiation can be harmful even under cloud cover ^{2,9}
• Indoor tanning is safer than UV radiation from the sun	• Indoor tanning devices can emit 10-15 times higher UV radiation than the sun at its peak intensity ¹¹
• Only affects sun-exposed areas	• Can also appear on non-sun-exposed areas ¹⁰

References: 1. Aggarwal P, Knabel P, Fleischer AB Jr. United States burden of melanoma and non-melanoma skin cancer from 1990 to 2019. *J Am Acad Dermatol*. 2021;85(2):388-395. 2. Skin cancer 101. Skin Cancer Foundation. 2023. 3. Melanoma overview. Skin Cancer Foundation. Updated January 2022. Accessed February 14, 2024. <https://www.skincancer.org/skin-cancer-information/melanoma/> 4. Fahradyan A, Howell AC, Wolfswinkel EM, Tsuha M, Sheth P, Wong AK. Updates on the management of non-melanoma skin cancer (NMSC). *Healthcare (Basel)*. 2017;5(4):82. doi:10.3390/healthcare5040082 5. Our new approach to a challenging skin cancer statistic. Skin Cancer Foundation. Updated April 1, 2021. Accessed February 14, 2024. <https://www.skincancer.org/blog/our-new-approach-to-a-challenging-skin-cancer-statistic> 6. American Cancer Society. *Cancer Facts & Figures 2024*. Atlanta: American Cancer Society; 2024. 7. How to prevent skin cancer. American Society for Dermatologic Surgery. Updated 2024. Accessed February 14, 2024. <https://www.aad.org/public/diseases/skin-cancer/prevent/how> 8. Treatment glossary. Skin Cancer Foundation. Updated August 2022. Accessed February 14, 2024. <https://www.skincancer.org/treatment-resources/treatment-glossary/#curettage-electrodesiccation> 9. 10 cancer myths debunked. American Society for Dermatologic Surgery. Updated 2024. Accessed February 14, 2024. <https://www.asds.net/skin-experts/skin-cancer/skin-cancer-myths> 10. Davis DS, Robinson C, Callender VD. Skin cancer in women of color: epidemiology, pathogenesis and clinical manifestations. *Int J Womens Dermatol*. 2021;7(2):127-134. 11. Skin cancer facts & statistics. Skin Cancer Foundation. Updated February 2024. Accessed February 14, 2024. <https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/>