

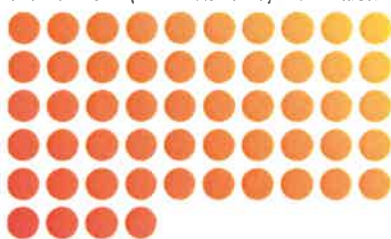


DON'T FRY: PREVENTING SKIN CANCER

Skin cancer is the most common of all cancer types. More than 5.4 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

NEW SKIN CANCER CASES IN THE US IN 2019

SKIN CANCER (non-melanoma) 5.4 million



● = 100,000 cases

FEMALE BREAST CANCER 268,600



LUNG CANCER 228,150



PROSTATE CANCER 174,650

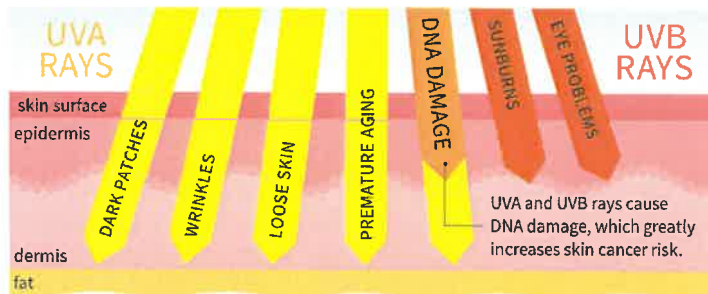


COLORECTAL CANCER 145,600

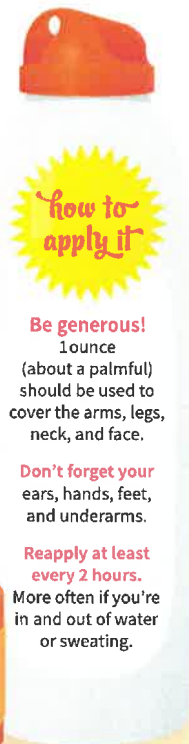


● = 10,000 cases

MOST SKIN CANCERS ARE CAUSED BY THE SUN'S UVA AND UVB ULTRAVIOLET (UV) RAYS



PROTECTING YOURSELF IS VITAL



Be generous!
1 ounce (about a palmful) should be used to cover the arms, legs, neck, and face.

Don't forget your ears, hands, feet, and underarms.

Reapply at least every 2 hours.
More often if you're in and out of water or sweating.

ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU ...

- have natural blond or red hair
- have freckles
- are fair skinned
- spend a lot of time outdoors
- have had skin cancer before
- live in or travel to tropical climates or high altitudes
- take medications that make you sensitive to light
- have had a lot of sunburns and burn before tanning
- have a condition that lowers your immune system
- have a family history of skin cancer, especially melanoma
- have a lot of moles, or large or irregularly shaped moles (see cancer.org/moles)



COVER UP THE KIDDIES, TOO!

WEAR SUNGLASSES

WEAR A HAT

COVER UP WITH CLOTHING

DITCH TANNING BEDS OR LAMPS

SEEK SHADE (especially 10 a.m.-4 p.m.)

WE'RE FIGHTING CANCER ON ALL FRONTS.

From helping patients access services such as free rides to treatment, free lodging near hospitals, and a 24/7 cancer helpline, to fostering cutting-edge research and breakthroughs, to advocating on behalf of cancer patients - the American Cancer Society is leading the fight.

Learn More // cancer.org/skincancer
Stay Protected // cancer.org/sunsafty
Detect Early // cancer.org/skincancerimages
Donate // cancer.org/donate

