

PREVENT SKIN CANCER



Use a broad spectrum sunscreen to combat UVA and UVB rays



Apply 1 oz. of sunscreen to bare skin 15 minutes before exposure to the sun

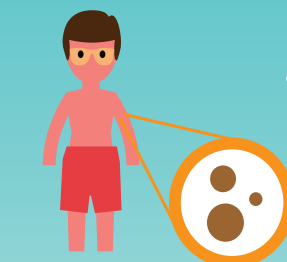


Reapply sunscreen every 2 hours and after sweating or swimming

Keep babies under 6 months old out of the sun; babies over 6 months old should use sunscreen

Avoid sun exposure from 10 a.m. to 4 p.m.

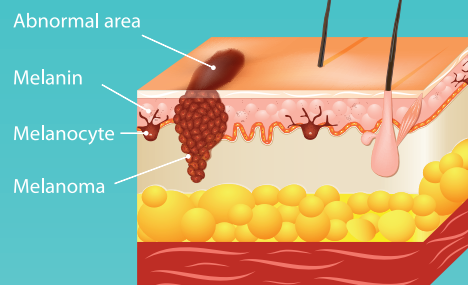
Use sunscreen even on cloudy days



Perform monthly checks for suspicious spots or moles

See your physician for an annual professional skin exam

MELANOMA



KNOW THE STATS



1 in 5 Americans develops skin cancer such as melanoma – the deadliest form!

In 2018, an estimated

9,320 deaths

will be attributed to melanoma



More people develop skin cancer from tanning than develop lung cancer from smoking

Nearly **50%** of Americans who live to age 65 will develop skin cancer at least once



Having five or more blistering sunburns between ages 15 and 20 increases melanoma risk by 80%

Melanoma can cause **1 death every hour**, but can be cured if it's local and found early

