

Controlling your risk: Skin Cancer Facts

Skin cancers are usually caused by sunlight (ultraviolet light).



Non-melanoma skin cancer is...

- The most common type of cancer. Almost half of all the people who reach age 65 will have a skin cancer at least once.
- Slow growing and seldom spreads to other parts of the body.

Melanoma skin cancer is

- Much less common.
- A fast growing skin cancer that may be fatal.



Your risks are higher if you...

- are fair skinned and freckle easily.
- have naturally blond or red hair.
- have green, grey or blue eyes.
- have a close relative who has had melanoma.
- have many moles.
- had more than one severe sunburn as a child.

- **Talk to your medical provider** within 2 weeks of noticing any unexplained skin changes, such as a skin spot or growth that
 - Is new, getting bigger or changing shape or color
 - Bleeds or weeps
 - Becomes a sore that doesn't heal.
- These changes usually appear on the head, face, neck, hands or arms, places that are most often exposed to the sun.

Lifestyle matters too!

- Avoid going out in the sun unprotected, all year long.
- Wear SPF-15 (or higher) sun block on all bare skin.
- Cover your skin by wearing...
 - long sleeves.
 - long pants.
 - a hat.
 - gloves when gardening.

