

MAY IS SKIN CANCER AWARENESS MONTH

FLORIDA SKIN CANCER PREVENTION

Sun's up, cover up.

facts about skin cancer

- Skin cancer is the most common form of cancer.
- An Estimated 4,250 cases of melanoma will be diagnosed in Florida in 2004.
- 80% of skin cancers are on the head & neck.
- 90% of skin cancer-causing sun exposure occurs before the age of 18.
- Melanoma causes 75% of deaths from skin cancer.
- The average age to discover skin cancer is 50.
- Dangerous sunburns can happen even on cloudy days.
- Ultraviolet rays can cause cataracts.
- Minorities can develop skin cancer.
- Finding skin cancer early makes being cured more likely.

SKIN CANCER IS ONE OF THE MOST PREVENTABLE CANCERS.

Skin cancer is easily prevented. To do that, you must change the attitudes and behaviors that increase your risk of developing skin cancer. Young people need to be educated to develop healthy sun behaviors now that will help them avoid developing deadly skin cancer later. Eighty percent (80%) of sun damage occurs before the age of 20. Unfortunately, it takes 40 years to progress and develop into cancer.

what can you do?

Seek shade under a tree, umbrella or shelter.



Get annual examinations to check out skin changes with your doctor.



Perform monthly self-checks of your skin (don't forget your back!).

Cover up with clothing: wear light-weight, long-sleeved shirt and pants.



Wear a hat to protect face, scalp, ears, and neck.

Apply sunscreen lotion with at least SPF (sun protection factor) 15 or more and UVA/UVB protection, even in the shade. Protect your children and yourself with sunscreen.



Avoid sun lamps and tanning salons.

Wear sunglasses that block UV rays, which can cause cataracts.



Avoid sun between 10:00 AM and 3:00 PM in the summer, even on cloudy days.



Florida fun requires protection from the sun!

Sun's up, cover up!

who is at risk?

- Everyone is at risk, regardless of race or ethnicity.
- People with fair to light skin complexion.
- Those with a family history of skin cancer.
- Those with personal history of skin cancer.
- People who have had long-term exposure to the sun.
- People with a history of sunburns early in life.
- Those with a large number of moles and freckles (indicators of sun sensitive skin & skin damage).
- Those with weakened immune systems due to disease or medication.



CALL OR VISIT FOR INFORMATION:

Florida Department of Health
Bureau of Chronic Disease Prevention and Health Promotion
www.doh.state.fl.us/family/cancer

Centers for Disease Control and Prevention
www.CDC.gov

National Cancer Institute
(800) 4-CANCER

