INCREASE YOUR KNOWLEDGE OF SKIN CANCER
RISK FACTORS FOR SKIN CANCER

Exposure to SUNLIGHT is the #1 risk factor.

Other things known to increase risk for skin cancer:

- Skin that burns easily, Pale skin
- Blue/gray eyes, or freckles
- Sunlamps and tanning booths
- Personal history or family history of skin cancer
Skin cancer is the **most common** form of cancer

More than **2 million** cases are diagnosed each year

More than **11,500** people die from skin cancers each year

Of the **11,500** deaths from skin cancer, about **8,600** are from melanoma

Exposure to tanning beds before age **35** increases the risk of melanoma by **75%**

Melanoma can be **completely cured** when diagnosed early

Adapted from *Skin Cancer Facts*, The Skin Cancer Foundation, [http://www.skincancer.org/Skin-Cancer-Facts/](http://www.skincancer.org/Skin-Cancer-Facts/)
Protect Yourself. Use sunscreen with a SPF of at least 15 and wear hats and sunglasses.

Don't Burn. Five or more sunburns double your risk of developing skin cancer.

Seek Shade. The sun's UV rays are strongest between 10am and 4pm.

Check Your Skin. Regular skin exams by you and your doctor increases the chance of finding some skin cancers early.

Don't Burn. Five or more sunburns double your risk of developing skin cancer.
Free skin cancer screenings!

Did you know that skin cancer is the most common cancer in the U.S.? Each year in the U.S., more than 2 million people are diagnosed with skin cancer.

**WHEN:** May 1st and 4th, 9AM-4PM

**WHERE:** University Health Services

**HOW:** Schedule online through HealthConnect