

Protect You and Your Family from Skin Cancer

During the spring and summer months, many of us want to enjoy being outdoors. It is important to keep in mind that exposure to the sun increases your risk of developing skin cancers. Anyone can get skin cancer. People of all ages and races are at risk of developing skin cancer. Protection from cancer-causing UV radiation from the sun is important year-round, not just during the summer or at the beach.

How Can I Protect Myself from Skin Cancer?

- Stay in the shade, especially from 10 a.m. – 4 p.m.
- Wear clothing that covers your arms and legs.
- Wear a cloth hat with a wide brim.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 30 or higher and UVA and UVB protection.
- Avoid indoor tanning.

Signs and Symptoms of Skin Cancer:

- New growth on your skin, or a sore that doesn't heal; or
- Change in size, shape or color of a mole.

If you have any of these signs or have questions about skin cancer, contact your healthcare provider for an appointment.

What are the Risk Factors for skin cancer?

- Excessive skin exposure to sun without sun protection;
- History of indoor tanning;
- History of sunburns, especial early in life;
- Skin that burns or reddens easily; and
- Personal or family history of skin cancer.

Melanoma is the most serious form of skin cancer, causing 72.8 percent of all skin cancer deaths. Left untreated, it can spread to other organs and is difficult to control. Basal cell and squamous cell cancers are less serious types and make up 95 percent of all skin cancers.

The rate of new melanoma cases in North Carolina is rising rapidly, with an average increase of more than five percent per year from 1995 to 2011.

To learn more about Skin Cancer, visit these websites:

[Facts About: Skin Cancer – North Carolina](#)

[Center for Disease Control and Prevention – Skin Cancer](#)

[American Cancer Society – Skin Cancer](#)

[National Cancer Institute – Skin Cancer](#)