



ROSWELL PARK COMPREHENSIVE CANCER CENTER

SKIN CANCER *Info Sheet*



The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:



BROAD SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

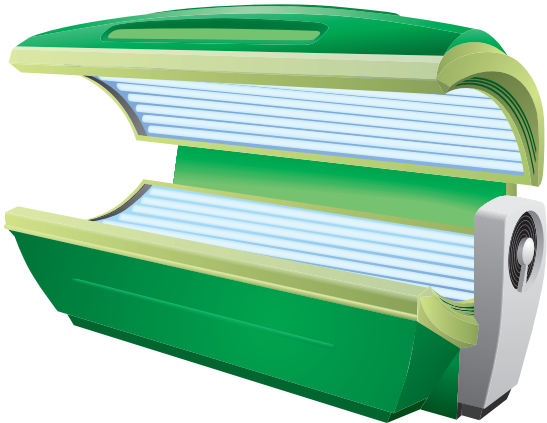
SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

WATER RESISTANT

While sunscreens can be "water resistant" (for 40 minutes) or "very water resistant" (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.

The number of skin cancers from tanning is higher than the number of lung cancers due to smoking.



Using a tanning bed before age 35 increases melanoma risk by **75%**

WHAT YOU NEED TO KNOW

Ultraviolet (UV) radiation from the sun (or sunlamp) tans, burns and damages your skin. Damaged skin cells are what lead to skin cancer, the most common of all cancers. Skin cancers affect more than 2 million people each year and include: ✓ **Basal cell carcinoma** ✓ **Squamous cell carcinoma** ✓ **Melanoma**

Melanoma can be deadly. If not caught early, it often spreads to other body areas, making treatment challenging and disfiguring.

RISK FACTORS FOR SKIN CANCER

- ✓ **UV exposure** from either sunlight or sunlamp. Your exposure accumulates over your lifetime.
- ✓ **A bad sunburn.** One or more blistering sunburns as a child or teen more than doubles your risk for melanoma later in life.
- ✓ **Fair skin that burns easily.** People with fair skin, red or blonde hair, blue or gray eyes, or many freckles are more likely to develop skin cancer.

DON'T FALL FOR THESE MYTHS ABOUT SKIN CANCER

Myth A little tan is healthy.

Fact Any tan is evidence of skin damage from UV radiation. Damaged skin is more likely to develop skin cancer.

Myth Indoor tanning is safer than sun tanning.

Fact Tanning beds can cause more damage because they use UVA light, which penetrates deeper. Newer, high-pressure sunlamps yield 12 times the UVA dose as sunlight.

Myth Sun exposure clears up acne.

Fact Tanning can aggravate acne. Plus, acne treatments and antibiotics make skin more sensitive to UV rays and more susceptible to burning and damage.





HAVE A DOCTOR CHECK ANY:

- ✓ New or changed mole or skin growth
- ✓ Darkened, rough or scaly skin patch
- ✓ Sore that won't heal



PRACTICE SUN SAFETY

- ✓ **Ban the tan!** If you must "glow," opt for shimmery cosmetics or lotion bronzers.
- ✓ **Apply sunscreen daily** at least 30 minutes before sun exposure and on cloudy days, too.
- ✓ **Seek shade** during the sun's most intense hours between 11 am and 3 pm.
- ✓ **Use a broad spectrum (UVA/UVB) sunscreen** with SPF of at least 30. Choose a water-resistant formula and reapply every two hours, and more frequently after swimming or sweating.
- ✓ **Cover up** with protective clothing including a broad-brimmed hat.
- ✓ **Shade your eyes** with sunglasses that filter UV rays.



A website designed specifically for young people who want to get involved and help create a world without cancer.

LEARN MORE
RoswellPark.org/yroswell

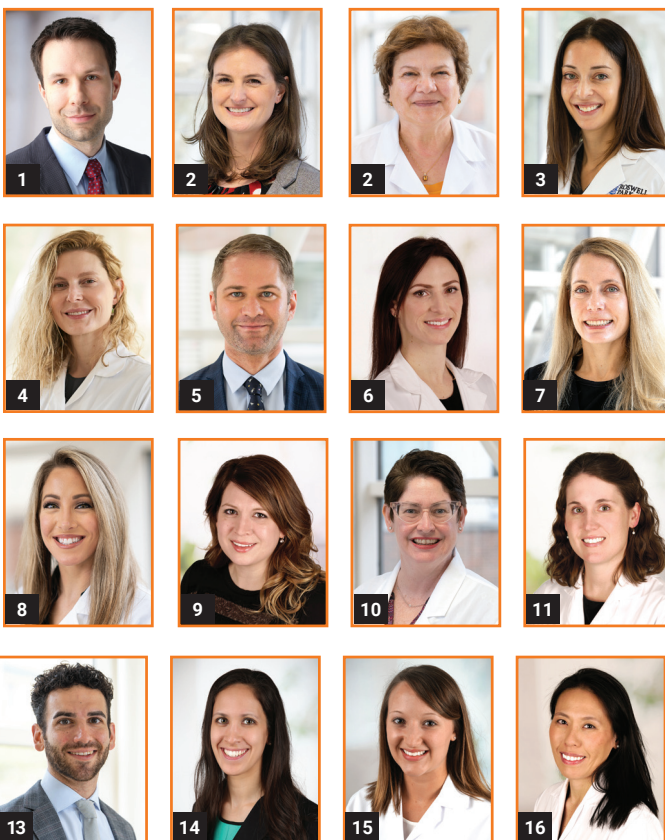
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MEET OUR DOCTORS



You have
67%
INCREASED RISK
for squamous cell
carcinoma after
ONE
indoor tanning
session.