



TIP SHEET Skin Cancer

FOR TEENS

What You Need to Know

Ultraviolet (UV) radiation from the sun (or sunlamp) tans, burns and damages your skin. Damaged skin cells 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.

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.

RISK FACTORS FOR SKIN CANCER

- **UV exposure** from either sunlight or sun lamp. 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.

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

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



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 10 am and 4 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.



HAVE A DOCTOR CHECK ANY...

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



Learn More

www.yroswell.com

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

www.kidshealth.org

Honest, accurate information about health, emotions and life.

www.cancer.gov/cancertopics/aya

Information and resources for adolescents and young adults with cancer.

Meet the Doctors

(above from left to right)

Dermatology

- 1) Ilene L. Rothman, MD
- 2) Bethany Lema, MD
- 3) Gyorgy Paragh, MD, PhD
- 4) Donna Blaird-Wagner, NP
- 5) Shana Bradigan, NP
- 6) Kelly Joyce, PA-C
- 7) Ruth Rohl, NP
- 8) Megan Veneziano, PA-C

Mohs/Dermatologic Surgery

- 9) Michael Bax, MD
- 10) Kimberly Brady, MD
- 11) Jamie Bill, PA-C
- 12) Shirley Schierer, NP

Dermatopathology

- 13) Paul Bogner, MD

Surgical Oncology

- 14) Valerie Francescutti, MD, FRCSC
- 15) John Kane III, MD, FACS
- 16) Joseph Skitzki, MD

Medical Oncology

- 17) Marc Ernstoff, MD
- 18) Igor Puzanov, MD, MSCI, FACP
- 19) Jill Nestico, MS, ANP-C
- 20) Karen Vona, MS, ANP-C

67%
Increased risk
for squamous cell
carcinoma after ONE
indoor tanning
session.

