

# SKIN CANCER FACT SHEET

The skin is the body's largest organ. Skin cancer is a disease in which cancer cells form in the tissues of the skin. Skin cancer is the most common type of cancer in the U.S. Melanoma is the most aggressive and concerning type of skin cancer.

Sunscreen is an important tool in the fight against skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



## Risk Factors

- Being exposed to natural or artificial sunlight over long periods of time and frequently.
- Having a fair complexion that tans poorly or freckles and burns easily.
- Having natural red or blonde hair.
- Darker-skinned individuals are also at risk, but the cancer is often found at a later stage and harder to treat.
- Having more than 50 atypical or large moles.
- History of skin cancer.

## We recommend...



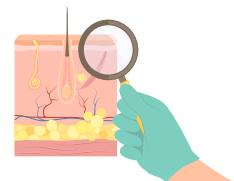
Using broad spectrum, SPF 30 or higher sunscreen as part of your morning routine.



Reapply sunscreen every 2 hours or after swimming or perspiring.



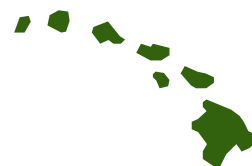
Using one ounce of sunscreen is the amount needed to cover exposed areas of the body.



Scheduling an annual skin examination by a dermatologist.

## In Hawai'i, Melanoma...

- Incidence and mortality were highest in Whites.
- In males it is the 4th most common cancer accounting for 7% of cases.
- In females it is the 6th most common cancer accounting for 3.8% of cases.
- Incidence was highest in Maui County followed by Hawai'i County, both of which exceeded statewide rates.



Stay out of the sun when it is the strongest between 10am - 4pm if possible



Wear sunglasses that block UV radiation to protect your eyes from harmful ultraviolet rays.



Wear a hat with a wide brim all around that shades your face, neck, and ears.



Wear long sleeves and long pants. Tightly woven, dark fabrics are best.