



YCPARMIA's Mission Statement:

To protect the members' resources from the impact of loss through a program of insurance coverage, prevention, education, training, and service.

Cancer from the Sun

June has been designated as Cancer from the Sun Awareness Month. So, while you enjoy the summer sun, take some time to think about the dangers to your skin, and the ways to protect it.

UNDERSTANDING SKIN CANCER

WHAT IS SKIN CANCER?

When skin cells are damaged by the sun or tanning beds, they may begin to rapidly multiply out of control and form a tumor.

FACT: One in five Americans will develop skin cancer in the course of a lifetime.

Above graphic from the Skin Cancer Foundation website

According to the Skin Cancer Foundation, there are three main forms of skin cancer that can be caused by prolonged sun exposure:

- ☀ Basal cell carcinoma (the least serious, but most common)
- ☀ Squamous cell carcinoma (second most common)
- ☀ Melanoma (the most serious, and sometimes fatal)

People at greatest risk of getting cancer from the sun are those who:

- ☀ Always burn when they've been out in the sun
- ☀ Have red or blond hair, green or blue eyes, freckles, and fair skin
- ☀ Have a family history of melanoma

Symptoms of developing skin cancer include:

- ☀ A change in the size or color of a mole
- ☀ A sore that doesn't heal
- ☀ Any skin growth that increases in size
- ☀ A spot on the skin that itches, hurts, or keeps scabbing

Can you believe that an estimated 90% of skin aging is caused by the sun alone?

Check your body from head to toe every month. If you notice any of the symptoms listed above, see your doctor right away. The Skin Cancer Foundation says that most skin cancers can be cured if it is diagnosed and treated early.

Check these videos out!
494: Sun Safety
1276: Preventing skin cancer
1374: Slip, Slop, Slap

For more information about skin cancer, prevention, and selecting the proper sunscreen, visit the Skin Cancer Foundation's website at www.skincancer.org.

THE MINI SKIN CANCER PREVENTION HANDBOOK

The Facts About Skin Cancer



1 in 5 Americans will develop skin cancer in the course of a lifetime.



Your risk for developing melanoma doubles if you have had more than five sunburns.



1 person dies of melanoma every hour.



Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50%.



Nearly 50% of Americans who live to age 65 will have skin cancer at least once.



People who first use a tanning bed before age 35 increase their risk for melanoma by 75%.

How to Protect Your Skin



1. Seek the shade, especially between 10 AM and 4 PM.
2. Do not burn.
3. Avoid tanning and UV tanning booths.



4. Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
5. Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
6. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.



7. Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
8. Examine your skin head-to-toe every month.
9. See your physician every year for a professional skin exam.

