

Skin Cancer Awareness

Don't Fry Day

Friday before Memorial Day

Am I at Risk?

Risk factors that increase your likelihood of getting skin cancer:

- ▶ Sun exposure
- ▶ Having light/fair skin
- ▶ Previous skin cancer
- ▶ Moles/freckles
- ▶ Family history
- ▶ Having natural blonde or red hair

Protect Yourself

- ▶ Wear:
 - SPF 30+ Sunscreen (reapply as needed)
 - Protective Clothing
 - UV Absorption Sunglasses
- ▶ Avoid tanning beds
- ▶ Examine your skin once a month
- ▶ Protect your skin even on cool and cloudy days
- ▶ Limit the amount of time you spend in direct sunlight
- ▶ Have a yearly skin check with a health care provider

Skin Cancer Facts

- ▶ 1 in 5 Americans will be diagnosed with skin cancer in their lifetime
- ▶ More than 3 million cases are diagnosed each year
- ▶ Spending four or more hours in the sun's rays increases your risk
- ▶ Skin cancer is the most common cancer in the United States

Source: American Cancer Society, American Academy of Dermatology and Sun Safety Alliance



Nimkee
Memorial Wellness Center



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