



# Are you at Risk?

START

Have you or any of your first-degree relatives (that means parents & siblings -- not aunts, uncles, grandparents or other relatives) had skin cancer?

YES

Having a first-degree relative who has had melanoma increases your risk by 50%; so does a bout with breast cancer.

NO

Have you ever used a tanning bed?

YES

Using a tanning bed for the first time before age 35 increases your risk of melanoma by 75%.

NO

Did you ever have a blistering sunburn as a child, or have you had more than five painful sunburns during your lifetime.

YES

These factors double your risk of getting melanoma--a good reason to encourage kids to use sun screen.

NO

LIFT UP  
to continue

## Skin Cancer is Color-Blind

People of all ethnic groups and skin types are at RISK. Pale skin naturally has only a little more than SPF3, while brown skin averages the equivalent of SPF13. That is NOT enough for anyone. Darker coloring does NOT protect you from skin cancer. When someone with brown skin gets melanoma, it may go undetected, making mortality rates higher.

# 1 IN 5

Americans will develop skin cancer during the course of their lifetime.

Source: Journal of the American Medical Association



# Are you at Risk?

Have you ever had any moles that turned out to be cancerous?

**YES**

A prior diagnosis increases your risk, as does having more than 50 moles.

**NO**

Do you have blond or red hair, light eyes and skin that burn easily.

**YES**

Fair skinned people are at increased risk for skin cancer.

**NO**

## AVERAGE/LOWER RISK FOR SKIN CANCER

Don't be complacent. Have a specialist assess your risk, then go for regular exams.

## INCREASED RISK OF SKIN CANCER

Be sure to discuss all your risk factors with a skin specialist. You may need to be screened more often.

**SPF 15** blocks 93% of UV radiation

**SPF 30** blocks 97% of UV radiation

**SPF 50** blocks 98% of UV radiation

## SUNSCREEN WORKS!

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

Source: *Journal of Clinical Oncology*

Adapted from *Do you need to worry about skin cancer?* by Sunny Sea Gold & Leslie Barrie. ALLYOU, May 2015

For more information visit: [www.epa.gov/sunwise](http://www.epa.gov/sunwise)



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