

May is Melanoma Awareness Month

Melanoma: Is the most deadly form of skin cancer

- Caucasians and men over 50 years old are at a higher risk of developing melanoma
- **One American dies of melanoma almost every hour**
- New, rapidly changing mole that itches, bleeds, changes color or other surface characteristics can be an early warning sign and should be examined by a dermatologist.
- Remember your ABCDE's!



WEAR YOUR SUNSCREEN!

1 in 5 Americans will develop some form of skin cancer in their lifetime

Skin cancer is easy to prevent: Seek shade, cover up and wear sunscreen.

UVA: Damages deeper into skin, leading to development of skin cancer. **Can penetrate glass and clouds**

UVB: causes sunburn/reddening, most significant time of damage between 10am and 4 pm. **Significant in high altitudes & reflective surfaces: snow, ice, water.**

Sun damage also causes: PREMATURE AGING!

SUNSCREEN:

1. Broad Spectrum: UVB and UVA Protection
2. Water Resistant
3. Over 30 SPF

Reapply every 2-3 hours!