



May is Melanoma/Skin Cancer Detection and Prevention Month



One in five Americans will develop skin cancer in their lifetime. More than one million new cases of skin cancer are diagnosed in the U.S. each year, including more than 100,000 cases of melanoma which is the most dangerous, especially among young people. One American dies of melanoma almost every hour. In Kansas, as many as 12,000 new cases of skin cancer are diagnosed each year, including more than 500 cases of melanoma, with nearly 100 deaths due to the disease annually.

The best way to prevent skin cancer is to protect yourself from the sun. Up to 90 percent of melanomas are caused by exposure to ultraviolet light or sunlight and could be prevented if children, adolescents, and adults were protected from ultraviolet radiation. When used consistently, sun-protective practices can reduce a person's risk of developing skin cancer. This includes avoiding use of tanning beds or sunlamps. The Centers for Disease Control and Prevention recommends several easy options for sun protection while you enjoy the outdoors this summer: use sunscreen, seek shade, and wear sunglasses, a hat, and sun-protective clothing.

People with the following risk factors are more likely to develop skin cancer: lighter natural skin color; family or personal history of skin cancer; exposure to the sun through work and play; history of sunburns early in life; skin that burns, freckles, reddens easily or becomes painful in the sun; blue or green eyes; blond or red hair; and certain types and a large number of moles.

“Melanoma Monday” - The first Monday in May is an annual event created by the American Academy of Dermatology to increase public awareness of this potentially fatal skin cancer.

“Don't Fry Day” - To help reduce the rising rates of skin cancer, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as Don't Fry Day. The Council's goal is to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on Don't Fry Day and every day.



For **Sun Safety Resources** visit
www.skincancerprevention.org,
www.epa.gov/sunwise, or
www.cdc.gov/cancer/skin.

K A N S A S



www.cancerkansas.org

