

# MAY IS SKIN CANCER Awareness Month



PROTECT YOUR SKIN.  
KNOW YOUR RISK.  
SAVE YOUR LIFE.



*Early detection can save lives.*  
SCHEDULE YOUR ANNUAL SKIN CHECK.

## 1 SKIN CANCER BY THE NUMBERS



Skin cancer is the **#1 most common cancer in the U.S.**  
– CDC



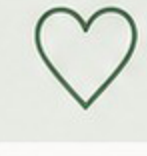
Over **6 MILLION** people are treated for skin cancer each year.  
– CDC



**~112,000 NEW MELANOMA CASES** expected in 2026.  
– American Cancer Society



Melanoma causes the **MAJORITY** of skin cancer deaths.  
– American Cancer Society



**EARLY DETECTION = HIGHLY TREATABLE**

## 2 WHAT INCREASES YOUR RISK?

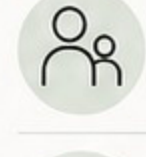
Anyone can get skin cancer.  
These factors can increase your risk:



**UV EXPOSURE** from the sun and tanning beds



**HISTORY OF SUNBURNS** especially blistering burns in childhood



**FAIR SKIN OR FAMILY HISTORY**



**AGING** but also common in young adults!



Most skin cancers are caused by **UV RADIATION EXPOSURE.**  
– CDC

## 3 HOW TO PROTECT YOUR SKIN



**WEAR SPF 30+ DAILY**  
Choose broad spectrum sunscreen.



**REAPPLY EVERY 2 HOURS**  
When outdoors or after swimming or sweating.



**SEEK SHADE**  
Especially between 10AM – 4PM.



**WEAR HATS & SUNGLASSES**  
Protect your face, eyes and scalp.



**AVOID TANNING BEDS**  
Artificial UV rays increase your risk of skin cancer.



**SUNSCREEN WORKS BEST WHEN COMBINED WITH OTHER PROTECTION METHODS.**  
– U.S. Surgeon General

## 4 DON'T SKIP YOUR SKIN CHECK



**PERFORM MONTHLY SELF-EXAMS**  
Check your skin from head to toe. Look for new spots or changes in existing moles.



**SCHEDULE ANNUAL FULL-BODY SKIN EXAMS**  
A dermatologist can catch problems early—when they are most treatable.



**WATCH FOR CHANGES**  
Use the ABCDEs of melanoma: Asymmetry, Border, Color, Diameter, Evolving.



*Early detection*  
**CAN SAVE YOUR LIFE.**

## 5 YOUR SKIN. YOUR HEALTH. *Your Confidence.*



**BOOK YOUR ANNUAL SKIN CHECK TODAY.**

*Healthy skin is always in.* ♥



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