

Skin Cancer Awareness Month

85% of melanoma cases are associated with exposure to ultraviolet radiation from the sun.

1 Introduction

Skin Cancer Awareness Month aims to bring awareness to the most commonly diagnosed cancer in the United States. There are more cases of skin cancer every year than every other cancer combined. Although skin cancer is widespread, it is also almost always avoidable if the correct precautions are taken. While it's important to start taking care of your skin at an early age, it also is never too late to start preventing further skin damage.

2 Being aware

Skin cancer is the growth of abnormal cells in the outermost skin layer, which is caused by unrepaired DNA damage. These growths lead the skin cells to multiply and form malignant tumors. About 90% of non-melanoma skin cancers and 85% of melanoma cases are associated with exposure to ultraviolet radiation from the sun. One in five Americans will develop skin cancer by the age of 70; however, skin cancer is also one of the most preventable cancers.

3 Preventive action

UV radiation can be tricky, as it reaches your skin even when you're protecting yourself. The damage it causes accumulates over the years, from small things like walking the dog, bringing in the mail or even walking into the store. Here are precautions you can take to minimize daily sun exposure:

- Seek shade
- Avoid tanning
- Apply sunscreen
- Examine your skin every month
- See your dermatologist at least once a year

4 Treatment

While sun exposure is virtually impossible to avoid, taking the necessary precautions will protect you from avoidable damage. There are many treatment options for skin cancer such as freezing, excisional surgery, and in extreme cases chemotherapy. Speak to your dermatologist if you see any abnormal growths and be sure schedule yearly check-ups.

Did you know?

With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer.

For more information on Skin Cancer please visit www.skincancer.org.

References:

<https://www.skincancer.org/get-involved/skin-cancer-awareness-month/>

<https://www.skincancer.org/press/2018-skin-cancer-awareness-month/>

<https://www.skincancer.org/skin-cancer-prevention/>

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