

## NEED TO KNOW ABOUT SUNSCREEN? WE'VE GOT YOU COVERED!

- Always wear sunscreen when you are outside
- Apply sunscreen 15–30 minutes before sun exposure, don't forget to apply to lips, ears, nose and tops of feet
- Re-apply sunscreen liberally every 90 minutes to exposed skin
- Reapply after toweling OR becoming sweaty OR getting wet
- Wear protective clothing, hats and sunglasses
- All people, regardless of skin or eye color need protection
- Follow directions on sunscreen for use on babies less than 6 months old
- Stay indoors between 10AM and 4PM, seek shade when outdoors
- Use extra caution when near reflective surfaces like water, snow, and sand
- Don't use expired sunscreen



**The American Academy of Dermatology recommends choosing a sunscreen that states on the label:**

### **Broad Spectrum**

A sunscreen that protects from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

### **SPF 30 or Higher**

How well a sunscreen protects from sunburn.

### **Water Resistant or Very Water Resistant**

Sunscreens are not waterproof or sweatproof and need to be reapplied.

## SKIN CANCER FACTS

Skin cancer is the most common form of cancer in the United States with more than two million skin cancer diagnoses annually. Many of these cancers can be prevented by protecting skin from excessive sun exposure and avoiding indoor tanning.

### Risk Factors

-  **Exposure to sunlight**—Exposure to UV radiation, either from the sun or tanning lamps, increases risk
-  **Fair skin**—People with fair skin, freckling or red or blond hair have a higher risk of melanoma
-  **Moles**—Certain types of moles increase a person's chance of getting melanoma
-  **Age**—Chances of being diagnosed with skin cancer increase with age
-  **Gender**—Men have a higher risk of developing skin cancer than women

### Signs and symptoms

Patients experiencing any of these symptoms should consult a physician.

-  **Asymmetry**—Half of the mole does not match the other half
-  **Border irregularity**—Edges of the mole are ragged or notched
-  **Color**—Color of the mole is not the same all over
-  **Diameter**—The mole is wider than about 1/4 inch
-  **Evolving**—A mole or skin lesion that looks different from the rest or is changing in size, shape or color

### Screening

To diagnose or classify skin cancer, a physician may conduct the following screenings to improve the chances that the disease is found and treated successfully at an early stage:

**Incisional and excisional biopsies**—Remove a wedge of skin to look at the deepest layer; whether by incisional biopsy which removes only part of the tumor or by excisional biopsy which removes the entire tumor

**Shave biopsy**—The doctor shaves off the top layers of skin

**Punch biopsy**—A round tool cuts through all the layers of the skin and brings up a sample of tissue

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