



Prevent. Detect. Live.[®]
SpotSkinCancer.org

Skin Cancer Facts



- Skin cancer is the most common cancer in the United States.
- Current estimates are that one in five Americans will develop skin cancer in their lifetime.
 - It is estimated that nearly 9,500 people in the U.S. are diagnosed with skin cancer every day.
 - Research estimates that nonmelanoma skin cancer, including basal cell carcinoma and squamous cell carcinoma, affects more than 3 million Americans a year.
- It is estimated that 178,560 new cases of melanoma, 87,290 noninvasive (in situ) and 91,270 invasive, will be diagnosed in the U.S. in 2018.
- Melanoma rates in the United States doubled from 1982 to 2011.
- On average, one American dies from melanoma every hour. In 2018, it is estimated that 9,320 deaths will be attributed to melanoma — 5,990 men and 3,330 women.
- Skin cancer, including melanoma, is highly treatable when detected early.

WHO IS AT RISK?

- Risk factors for all types of skin cancer include skin that burns easily; blond or red hair; a history of excessive sun exposure, including sunburns; tanning bed use; immune system-suppressing diseases or treatments; and a history of skin cancer.
 - People with more than 50 moles, atypical moles, or large moles are also at an increased risk of developing melanoma.
- Caucasians and men older than 50 have a higher risk of developing melanoma than the general population.

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To find a free SPOTme[®] skin cancer screening in your area, visit SpotSkinCancer.org or call 888-462-DERM (3376)

- While people with skin of color have a lower risk of developing melanoma, the disease is often diagnosed at later stages in skin of color, when melanoma is more advanced and more difficult to treat.
 - Skin cancer in skin of color is often found on areas of the body that get little sun, such as the soles of the feet, groin, buttocks and inside the mouth.
- Melanoma is the second most common form of cancer in females age 15-29.

HOW CAN I PREVENT SKIN CANCER?

- Exposure to UV light is the most preventable risk factor for all skin cancers. The American Academy of Dermatology encourages everyone to protect their skin from the sun's harmful UV rays by seeking shade, wearing protective clothing and using a sunscreen with a Sun Protection Factor of 30 or higher.
- People should not use tanning beds or sun lamps, which are sources of artificial UV radiation that may cause skin cancer.
 - Using indoor tanning beds before age 35 can increase your risk of melanoma by 59 percent; the risk increases with each use.
- Skin cancer warning signs include changes in size, shape or color of a mole or other skin lesion, the appearance of a new growth on the skin, or a sore that doesn't heal.
- If you notice a new spot or an existing spot that changes, itches, or bleeds, the American Academy of Dermatology recommends that you make an appointment to see a board-certified dermatologist.



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