



1. Your Age *A lifetime of sun ultraviolet (UV) exposure adds up.*

12 or younger ----- Teens ----- 20s ----- 30s ----- 40s ----- 50s ----- 60s ----- 70s ----- 80s ----- 90s

2. Do you live in a southern climate (south of the US Mason Dixon Line)?

NO ----- YES

3. Do you have fair skin that burns or freckles in the sun?

NO ----- YES

4. Do you have naturally red or blond hair, light-colored eyes?

NO ----- YES

5. Have you had one or more severe, blistering sunburns as a child, teenager or as an adult?

NO ----- YES

6. Do you spend 6 or more hours in the mid-day sun daily or work outside?

NO ----- YES

7. Do you take steps to protect your skin from the sun's ultraviolet (UV) rays?

YES ----- I wear protective clothing such as long sleeves or a hat ----- NO

YES ----- I avoid the sun at the hottest part of the day (10:00am-4:00pm) ----- NO

YES ----- I use sun screen with Sun Protective Factor (SPF) of 30 or higher ----- NO

8. Do you use tanning beds or UV booths?

NO ----- YES

9. Do you have moles larger than the size of a pencil eraser (1/4 inch)?

NO ----- YES

10. Do you have 50 or more moles?

NO ----- YES

11. Have you noticed a new mole or have an existing mole that has changed shape, color, size or feel?

NO ----- YES

12. Have you had skin cancer in the past or family history of skin cancer?

NO ----- YES

13. Do you get an annual physical exam that includes examining your skin and moles?

YES ----- NO

This skin cancer risk assessment tool does not detect or screen for skin cancer.
It is designed to help increase your awareness about your sun UV exposure and skin cancer risks.
Talk with your healthcare provider about maintaining the health of your skin.
To learn more about reducing your risk for skin cancer turn this page over.

MOST COMMON TYPES OF SKIN CANCER

Squamous Cell Carcinoma

- forms in flat squamous cells that make up the skin's surface; found in the epidermis or top layer of skin

Basal Cell Carcinoma

- forms in the round basal cells located in the epidermis. Basal cells are below or deeper than the squamous cells

Melanoma

- forms in cells (melanocytes) that give skin its normal color. Melanocytes are scattered among basal cells

REFERENCES & RESOURCES

National Cancer Institute (NCI): What You Need to Know About Melanoma and Other Skin Cancers www.cancer.gov

Skin Cancer Foundation
www.skincancer.org

American Cancer Society (ACS): What's Your Sun Safety IQ? www.cancer.org

American Academy of Dermatology:
Skin cancer: Who gets and causes
How do I prevent skin cancer?
www.aad.org

APPS FOR MOBILE DEVICES

Melanoma Risk Assessment Tool: free
www.cancer.gov/melanomamobile

Mobile Website, available on all mobile devices. Download and install the tool on Windows' Pocket PC

UMSkinCheck by University of Michigan Health System: free. Available on iPhone

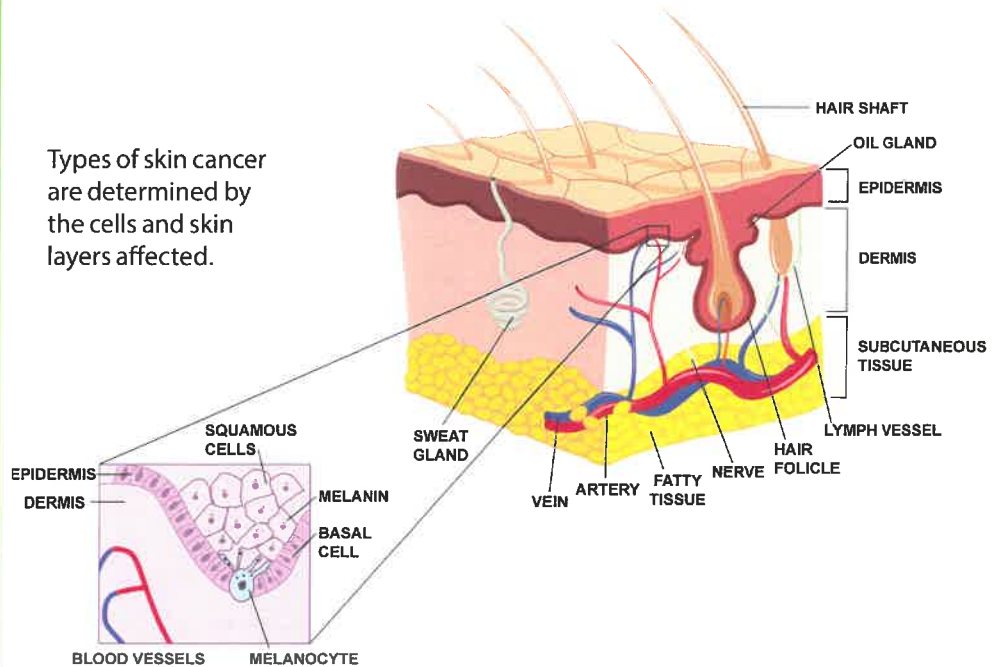
Skin cancer self-exam and surveillance tool. Create and store a full body photographic library; use to identify and track suspicious moles/lesions; locate skin cancer specialist

FOR MORE INFORMATION augusta.edu/cancer

Georgia Cancer Center
Office of Cancer Information
and Awareness

1410 Laney Walker Blvd. CN-1179 D
Augusta, GA 30912

Types of skin cancer are determined by the cells and skin layers affected.



GET THE FACTS ABOUT SKIN CANCER IN THE U.S.

- Most common type of cancer
- 5.4 million cases of skin cancer diagnosed each year
- 1 in 5 Americans will develop skin cancer in the course of their lifetime
- 90% of skin cancer is caused by the sun's ultraviolet (UV) rays
- A sunburn is a sign of DNA damage in skin cells
- As people get older the chance of being diagnosed with skin cancer increases, but the risk of skin cancer is not the same for all people in a given age group. Some risk factors include amount of time spent in the sun, intensity of UV exposure, and whether or not individuals are protecting their skin
- Half of all adults report at least one sunburn in the past 12 months

BE SUN SAFE & SAVVY

You can prevent skin cancer! Be smart and savvy about protecting your skin and lips from the sun's UV rays at home, at school, at work, and at play!

- **Don't burn** and do protect babies from sunburn
 - Keep newborn infants out of the sun
 - Use sunscreen for babies over 6 months of age
- **Limit time in the sun & your UV exposure**
 - Wear protective clothing, including a hat
 - Seek shade
 - Use broad spectrum sunscreen with Sun Protection Factor (SPF) 30 or higher; Apply sunscreen every two hours
 - Dark-skinned individuals are still at risk for skin cancer and should use sunscreen
 - Protect your lips with lip balm containing SPF
- **Watch out for water, snow, sand, and concrete.** These surfaces reflect and intensify the sun's rays, increasing your risk of sunburn and damage to your skin and eyes.
- **Avoid tanning beds, UV booths and sun lamps**
 - These ultraviolet radiation-emitting tanning devices are classified as a group 1 carcinogen by the World Health Organization.
- **Check your moles for changes** in appearance, color, texture, and size
- **Get a yearly total-body checkup and skin exam** by your physician