

# Don't Forget Your Sunscreen!!!

## ***Why:***

- Skin cancer is the most common form of cancer in the United States.
  - 1 in 5 Americans will have skin cancer in their lifetime.
  - 5-million people are treated each year, costing the healthcare system \$8 billion (2011).
- Most cases are the result of UV exposure predominantly from sunlight.
  - however, tanning beds can also cause damage (estimated 400,000 cases/year)

## ***Recommendations (American Academy of Dermatology):***

- Apply broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
  - block UVA and UVB rays (read labels)
  - carry so you can reapply every 2 hours
- When possible, seek shade and wear protective clothing
- Avoid tanning beds.
- Do regular self-exams.
  - one-half of melanomas are self-detected (read the article below)



## ***Are you at risk?***

- Discuss your risk with your PCP at your annual physical and determine if you should consult a dermatologist (specialist: \$35 copay) for a skin cancer screening. Contact Donna (ESHCA office) with questions regarding your health care benefits.

***Read the article from the Cleveland Clinic: [Identifying Cancerous Moles](#)***