

### What is skin cancer?

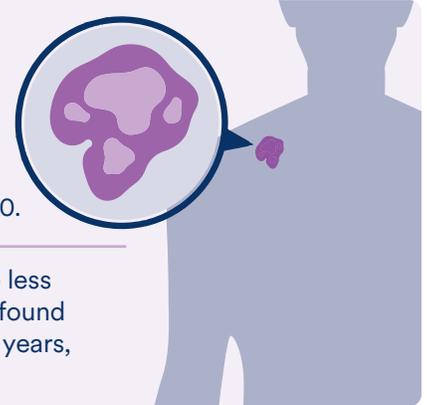
Skin cancer is a disease where cells in the skin grow out of control.

# #1

Skin cancer is the most common cancer in the United States.



1 in 5 people in the US will develop skin cancer by age 70.



Anyone can get skin cancer. Black people are less likely to survive melanoma because it's often found at a later stage. Only 7 out of 10 live at least 5 years, compared to 9 out of 10 white people.

### Who is at increased risk?

Risk factors increase your chance of getting skin cancer. Talk with your doctor or medical team if any of the following apply to you.

**People of any skin color can get skin cancer.** However, your risk goes up if any of the following apply:

- You have light skin with freckles and easily sunburn.
- You have a lot of moles.
- You have had multiple blistering sunburns.
- You use tanning beds.
- You are in the sunlight for most of the day, most days of the week.
- You have a family history of skin cancer.

### How can I lower my risk of skin cancer?

**Even if you never get sunburned, you still need to protect your skin from the sun.**

- Use sunscreen with an SPF 15 or higher every day to reduce your risk of skin cancer by 50%. 
- Stay in the shade as much as possible between 10 am and 4 pm when the sun is strongest.
- Wear sunglasses, a hat, and clothing that cover your arms and legs when in the sun for long periods of time.   

- Don't use tanning beds.
- Get a full skin check from a dermatologist every year.

- Check your skin once a month. Look from head to toe and tell your doctor if you see anything new, changing, or unusual. If you have darker skin, watch areas that get less sun like your palms, soles, or under your nails.
- To learn how to do a skin self-exam, scan the QR code or visit [aad.org/public/diseases/skin-cancer/find/check-skin](https://aad.org/public/diseases/skin-cancer/find/check-skin)



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### Talk with your doctor if you have any of these symptoms:

- A growth that gets bigger and appears pearly, transparent, tan, brown, black, or multicolored.
- A mole, birthmark, or brown spot that gets bigger, changes color or texture, or is bigger than a pencil eraser.
- A spot or sore that continues to itch, hurt, crust, scab, or bleed.
- An open sore that does not heal within three weeks.
- Dark spots or streaks on your hands, feet, or under your nails.

# Skin Cancer Screening Saves Lives



# 99%

When caught before it starts to spread, the 5-year survival rate for melanoma (the deadliest type of skin cancer) is 99%.

Itching is the most common early symptom.

## Who should be screened for skin cancer?

**Screening means checking for cancer before symptoms start, to find it early when it's easier to treat.**

**Everyone should be screened for skin cancer once a year, especially if:**

- You have light skin, and any of the following:
  - Skin that freckles and burns easily.
  - Blue, green or light-colored eyes.
  - Red or blonde hair.
- You are in the sunlight for most of the day, most days of the week.
- You have a lot of moles.
- You have a family history of skin cancer.
- You have had more than 5 blistering sunburns.
- You notice a change in your skin.

## What does screening look like?



### Dermatologist screening:

Have your skin checked once a year by a dermatologist, especially if you have ever had melanoma or another type of skin cancer.

### Self-check:

Check your skin head-to-toe every month. Tell your doctor about any new or unusual moles.

## How will I pay for this screening?



Health insurance plans are required to cover cancer prevention screenings. To find insurance options available to you, scan the QR code or visit [wahealthplanfinder.org](https://www.wahealthplanfinder.org)



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To find a free or low-cost clinic to get skin cancer screening near you, scan the QR code or visit [nafclinics.org/find-clinic](https://www.nafclinics.org/find-clinic)



**More questions? Contact the NCI Cancer Information Service at 1-800-4-CANCER**