

SKIN CANCER IS THE MOST COMMON CANCER.

Protect yourself.

Melanoma: the deadliest form of skin cancer



1 IN 48



1 IN 31

WILL BE DIAGNOSED WITH MELANOMA IN THEIR LIFETIME



IDAHOANS HAVE A HIGHER melanoma rate than the rest of the United States.

Risk

52% OF IDAHO ADULTS REPORTED BECOMING SUNBURNED

Risk for melanoma doubles

if you have more than five sunburns in your lifetime



- People with pale or freckled skin, fair or red hair and blue eyes belong to the highest risk group
- UV rays are stronger at higher elevations
- UV rays are strongest between 10am and 4pm
- UV rays can bounce off snow, water and sand

Prevention



SEEK SHADE



COVER UP



WEAR SUNGLASSES



APPLY SUNSCREEN

INDOOR TANNING

INCREASES YOUR RISK FOR MELANOMA BY **75%**

Know your skin.

If you notice any changes to your skin that worry you, see your doctor.

Check for

ABCDE'S OF MELANOMA



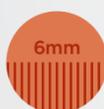
ASYMMETRY: one half is not like the other half



BORDER: an irregular, scalloped or poorly defined border



COLOR: is varied from one another; has shades of tan, brown, black, or is sometimes white, red, or blue



DIAMETER: greater than 6mm (the size of a pencil eraser), but they can be smaller



EVOLVING: a mole or skin lesion that looks different from the rest or is changing

For more information about skin cancer in Idaho, visit: cancer.dhw.idaho.gov