

Skin cancer affects people of all races. People of color are often diagnosed with skin cancer at a later stage and have worse outcomes. Skin cancer represents:



1% TO 2% of all cancers in BLACK PEOPLE



2% TO 4% of all cancers in ASIAN PEOPLE



4% TO 5% of all cancers in HISPANIC PEOPLE



35% TO 45% of all cancers in WHITE PEOPLE¹



SUNSCREEN

The Sun Protection Factor (SPF) number in a sunscreen tells you how long the sun's UV radiation would take to redden your skin when using the product exactly as directed versus the amount of time without any sunscreen. So ideally, with SPF 30 it would take you 30 times longer to burn than if you weren't wearing sunscreen.

The Skin Cancer Foundation recommends a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher for any extended outdoor activity. Regardless of the SPF, though, it's important to apply one ounce (two tablespoons) 30 minutes before going outside and reapply it every two hours or immediately after swimming or sweating.²

PROTECT YOUR SKIN FROM THE SUN WITH:



Shade, especially between 10:00 AM and 4:00 PM.



Hats with a wide brim that goes all the way around.



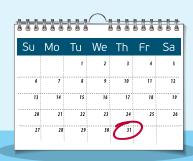
Sunglasses They look cool!



Clothing. It is the most effective form of sun protection. Long sleeves and long pants or skirt are best. Darker colors and tighter weaves provide more protection than lighter colors and loose weaves.



Sunscreen. Currently, the American Academy of Dermatology recommends daily use of a broad-spectrum, water-resistant sunscreen with SPF 30 or higher. Reapply every 2 hours and after sweating or swimming



EARLY DETECTION: Do a monthly skin self-exam and see a dermatologist annually (or more often if you find something suspicious).



Sources:

2 https://www.skincancer.org/blog/ask-the-expert-does-a-high-spf-protect-my-skin-better/

¹ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2757062/