

Anyone Can Get Skin Cancer — Even YOU!



"I never thought I'd get cancer, let alone at age 28! I had a mole on my arm that looked different, got bigger, and started to change about a year ago. I asked my doctor about it and he removed it and had it tested. It came back as malignant melanoma. Everyone in my family freaked out. I went in for surgery to remove any skin in the area that might have had cancer and now I have a huge scar on my arm.

"My doctor says I probably caught this one in time but now I'm at a much higher risk of developing new skin cancers. The dermatologist told me he sees people my age all the time with melanoma and some of his patients have died from it. I had no idea this was so common and deadly in young people, especially here in Maine. My doctor says it was probably caused by tanning when I was in high school and the sunburns I got from tanning and fishing, when I did not protect myself from the sun and hardly ever used sunscreen.

"I've had two other moles checked that turned out to be pre-cancerous. I can't believe that people don't take skin cancer seriously around here. I now know that for the rest of my life I will have to check and double check my skin all the time. You can bet I wear sunscreen and cover up better now, and everyone I know is doing the same. If only I knew about this when I was younger, I could have prevented it."

—Pat R., Gardiner, ME

Remember Your ABCs of Sun Safety

Avoid unprotected exposure to the sun, especially between 10 a.m. and 4 p.m., when the sun's rays are the strongest.

Block out the sun by using sunscreen of SPF 15 or higher, and reapply every two hours. Be sure to reach often-missed areas such as your ears, neck, hands, and feet.

Cover your body with long pants and long sleeved shirts. Wear a broad-brimmed hat and sunglasses with UV-protection lenses.



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Sun Safety for ME



Protect Your Family By Limiting Sun Exposure

Sun Safety Guidelines

Avoid unprotected exposure to the sun
Block out the sun by using sunscreen
Cover your body with appropriate clothing



The Sun Is Good for My Baby . . . Right?



WRONG! A baby's skin is very sensitive and does not have the protection of adult skin.

Keep your babies, toddlers, and older children safe in the sun

- Keep babies under 6 months old out of the sun whenever possible.
- Find shady places where your children can play.
- Dress children in broad-brimmed hats and shirts for outdoor time.
- Keep all children out of the direct sun between 10 a.m. and 4 p.m.



- Use a broad-spectrum sunscreen rated at least SP 15 every day, and start using it on children at age 6 months.

Maine Cancer Fact

Even on cloudy, rainy, snowy days in Maine, your child's skin still needs protection. Eighty percent of UV rays pass through the clouds!



Your Teenager's Skin Is at Risk

Two major sunburns before the age of 18 double the chance of developing melanoma, the deadliest form of skin cancer.

Also, a "beautiful tan" may increase your teen's risk of dying from melanoma at an early age.



Facts about tanning equipment

- Exposure to UV radiation in tanning booths is more directed and can cause more damage to your skin.
- Warning signs about the dangers of UV radiation—including the fact that repeated exposure can cause skin cancer—must be posted on all tanning equipment.
- Tanning causes premature wrinkling and makes your skin look old.

Maine Cancer Fact

Maine is one of 26 states in the US with laws about teen tanning. A parent's written consent is needed for minors under 18 to use tanning equipment in the state of Maine!



Adults . . . You Need Skin Protection, Too



Continue to use these sun safety precautions to protect your skin

Avoid unprotected exposure to the sun all year round.

Block out the sun by using sunscreen of at least SPF 15, and reapply every two hours, especially if you're swimming or sweating.

Cover up with protective clothing such as shirts, pants, hats, and sunglasses.

Examine your skin regularly

- Use full-length and handheld mirrors to help view areas that are difficult to see.
- If you find any odd-looking moles or markings or any change in your skin, it could be skin cancer. Contact your doctor as soon as possible.
- Early detection of skin cancer is important at any age.

Maine Cancer Fact

Skin cancer is the most common cancer in Maine. Nearly all skin cancer can be prevented!

