



SafetyAlert

We're Serious About Safety

Skin Cancer

Skin cancer is the most common cancer diagnosed in the United States and in Rhode Island. One American dies of melanoma almost every hour. In the U.S., medical costs to treat skin cancer are estimated at almost \$2 billion annually. Unprotected exposure to ultraviolet light, a known human carcinogen, is the most preventable risk factor for skin cancer. Taking simple steps as early in life as possible can reduce one's risk.

Skin Cancer in Rhode Island: Small State, Big Problem



Sunburns

A recent survey found that **38.7%** of white adults in RI had at least one sunburn in the past year. Sunburns are significant risk factors in the development of skin cancer.

New Cases of Melanoma

The rate of new melanoma cases diagnosed – responsible for **75%** of all skin cancer deaths – was **34% higher** in Rhode Island than the national average. An estimated **300** state residents are diagnosed annually with melanoma.

Deaths from Melanoma

Nearly **40** people die of melanoma in Rhode Island each every year. Rhode Island's melanoma death rate is **14% higher** than the national average.

Early detection of melanoma can save one's life.

Skin examinations may be the best way to detect skin cancer early.

Protecting Ourselves at Work & Play

Don't Burn

Overexposure to the sun is the most preventable risk factor for skin cancer.

Avoid Sun Tanning & Tanning Beds

UV light from tanning beds and the sun causes skin cancer and wrinkling.

Use Sunscreen

Generously apply a broad-spectrum sunscreen with an SPF of 15 or higher. Reapply at least every two hours, and after swimming or sweating.

Cover Up

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with 99-100% UVA/UVB protection, when possible.

Seek Shade

Seek shade when the sun's UV rays are most intense between 10 a.m. and 4 p.m.

Watch the UV Index

Pay attention to the UV Index when planning outdoor activities to prevent overexposure to the sun.

Source U.S. EPA/CDC:

http://www.epa.gov/sunwise/doc/ri_facts_web.pdf

For more information about preventing, detecting, and treating skin cancer, check out these sources:

American Cancer Society

www.cancer.org
1-800-ACS-2345

Centers for Disease Control and Prevention

www.cdc.gov/ChooseYourCover
1-888-842-6355

The Skin Cancer Foundation

www.skincancer.org
1-800-SKIN-490



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