YOUR GUIDE TO REDUCING YOUR RISK OF SKIN CANCER

TYPES OF SKIN CANCER
THERE ARE THREE MAIN TYPES OF SKIN CANCER

1. BASAL CELL
Basal cell is a common skin cancer in people with light skin.

2. SQUAMOUS CELL
Squamous cell is a common skin cancer in people with dark skin.

3. MELANOMA
This is a less common, but more serious type of skin cancer.

Fox Chase is home to...
Some of the nation’s top melanoma and skin cancer specialists and support staff, working together to diagnose and treat skin cancer and melanoma.

Fox Chase leads in...
- Minimally invasive and robotic surgery
- Isolated limb infusion for in-transit melanoma
- Early clinical drug development
- Molecular therapeutics

Patients benefit from...
Fox Chase Cancer Center’s robust research program, with cutting-edge clinical trials not offered elsewhere.
REDUCE YOUR RISK OF SKIN CANCER

MELANOMA KILLS ONE PERSON EVERY HOUR OF EVERY DAY IN THE U.S.

Nearly 90% of melanoma cases are caused by too much exposure to ultraviolet (UV) rays – either from the sun or from artificial sources like tanning beds.

STAY IN THE SHADE AND USE PROTECTIVE CLOTHING

Hats and long sleeves will help you stay protected when enjoying time outdoors.

10 AM to 4 PM

Be cautious with time spent in direct sunlight, especially between the hours of 10 am – 4 pm, when UV rays are strongest.

SUNSCREEN CAN HELP PREVENT SKIN CANCER

Applying (and re-applying) sunscreen and lip balm with SPFs of 30 or higher remains one of the best things you can do to help protect yourself.

But...

Remember, sunscreen is only one way to protect yourself from too much UV exposure.

SKIN DAMAGE FROM UV EXPOSURE CANNOT BE REVERSED

It only takes one blistering sunburn to more than double a person’s chance of developing melanoma later in life.

MOST IMPORTANTLY...

NO TAN IS WORTH YOUR LIFE.