

# 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.



**10AM to 4PM**

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.**