

# SHINING A LIGHT ON SKIN CANCER

• AS THE WEATHER WARMS UP, IT'S TEMPTING TO SPEND MORE TIME ENJOYING THE SUNSHINE. BUT DO SO WISELY. HERE ARE A FEW STATS ABOUT THE MOST DANGEROUS RESULT OF FAILING TO PROTECT YOUR SKIN FROM SUNLIGHT—SKIN CANCER.

**5 MILLION**  
NUMBER OF PEOPLE TREATED FOR SKIN CANCER  
EVERY YEAR IN THE U.S.



## THE AMERICAN ACADEMY OF DERMATOLOGY RECOMMENDS USING SUNSCREEN THAT:

- Offers broad-spectrum protection
- Has an SPF of 30 or more
- Is water resistant

Sunscreen should be reapplied every 2 hours

10 AM–2 PM

Time period in which people should stay in the shade

**1 IN 5** AMERICANS WILL DEVELOP SKIN CANCER IN THEIR LIFETIME

**( 9,000 )**  
NUMBER OF PEOPLE WHO DIE FROM  
**MELANOMA**, THE DEADLIEST FORM  
OF SKIN CANCER, EACH YEAR

**0** AMOUNT OF TIME THAT SHOULD BE SPENT INDOOR TANNING