

# FOCUS ON

# SKIN CARE

## CLINICAL BACKGROUND

The incidence of melanoma, the most serious form of skin cancer, is rising at an alarming rate. One in 62 Americans has a lifetime risk of developing invasive melanoma, a 2000% increase from 1930.



While not all melanomas are sun-related, excessive sun exposure is the most preventable cause of melanoma. Since the sun's ultraviolet rays are the main culprit, the most effective preventive method is sun avoidance. That means:

- Seek shade between 10:00 A.M. and 4:00 P.M., when the ultraviolet rays are the most intense.
- Wear light-colored, tightly-woven, protective clothing, and wide-brimmed hats (3-inch brim).
- Apply sunscreens with a SPF (Sun Protection Factor) of at least 15.
- Begin early use of sun protection in childhood, because it is estimated that 80 percent of lifetime sun exposure occurs before age 18.

The good news is that melanoma is almost always curable if detected early. Practice periodic self-examination to aid in early recognition of any new or developing lesions. See a dermatologist for annual screenings, or as often as he/she advises.