

# Don't let cancer get under your skin

## Sunscreen

- Know how to apply
- To be most effective, apply 20-30 minutes before going outside.
- A palm sized amount should cover an average adult's arms, legs, neck, and face.
- Reapply every two hours.
  - Whether it's sunny, cloudy or snowing outside, you still need sunscreen to stay protected all year long
  - SPF 15 filters out roughly 93 percent of UVB rays and SPF 30 sunscreens filter about 97 percent. The protection slightly increases as the SPF number gets higher, but only by one percent (98) for SPF 50 and two percent (99) for SPF 100 sunscreens
  - There is no such thing as true waterproof sunscreen!

## Melanoma Facts

- Although melanoma accounts for only a small percentage of skin cancer, it's far more aggressive than other skin cancers and causes most skin cancer deaths.
- Melanoma is almost always curable when it's found in its very early stages.
- Second highest cancer for ages 20-29
- Can look like a common mole
- Use ABCD rule:
  - **Asymmetry:** One half of a mole or birthmark does not match the other
  - **Border:** Edges are irregular, ragged, notched, or blurred
  - **Color:** color is not the same throughout and may include shades of black or brown, possibly with patches of red, white or blue
  - **Diameter:** larger than 6 mm across (about 1-4 inch, the size of a pencil eraser) or is growing larger

*Brought to you by Adolescent and Young Adult Cancer Program at Blank Children's Hospital and John Stoddard Cancer Center.*

*Questions or want to know more? Call 515-241-4251, email [rachel.dow@unitypoint.org](mailto:rachel.dow@unitypoint.org) or follow our QR link to our website.*

