

In Your Hands



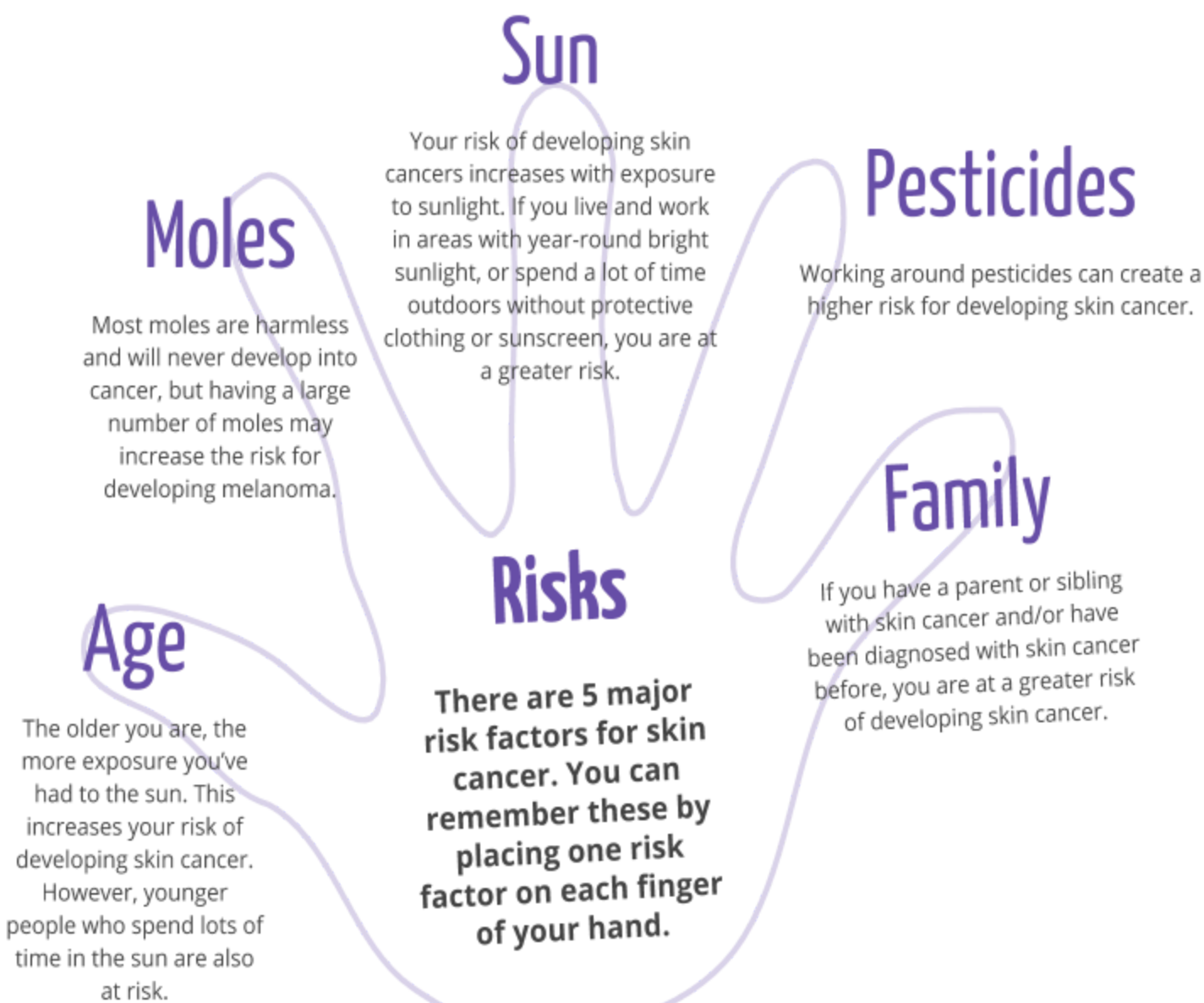
an introduction to skin cancer for outreach workers



What do I need to know about skin cancer?

Skin cancer is the most common form of cancer in the United States. The three most common types of skin cancer are:

- Basal cell carcinoma
- Squamous cell carcinoma
- **Melanoma** causes the most deaths. One person in the US dies **every hour** from melanoma.



What do people say?

Here are some common misconceptions about skin cancer and tips on how to respond.

"Skincare is for women."

Men are **2-3 times more likely** to develop skin cancer than women. This may be due to lower rates of skin protection.

"I only got sunburned as a kid, but I don't burn anymore."

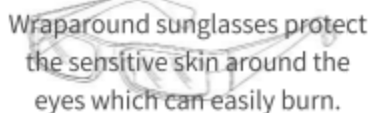
One bad sunburn as a kid can **double** your chances of developing skin cancer later in life.

"If you have dark skin, you can't get skin cancer."

False! Having dark skin doesn't protect you from skin cancer. Everyone should protect themselves from the sun.

What can workers do?

- **Check!** Encourage workers to help family and friends to check their skin. Tell them to look for uneven or oddly colored marks, marks bigger than a pencil eraser, marks changing in shape, size, or color, or bumps or sores that don't go away.
- **Ask!** Encourage workers to talk to their healthcare provider about all of the different concerns they have about their skin.
- **Prevent!** Workers can prevent skin cancer in the following ways.



Talking Tip #1

Children often spend more time outdoors and burn more easily than adults. Remind workers to cover their children with sunscreen and clothing too!

Talking Tip #2

Remind workers that the sun affects their skin every day whether they feel/see a difference or not.

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This fact sheet uses information from the American Academy of Dermatology (<https://www.aad.org/media/stats/conditions/skin-cancer>), the Skin Cancer Foundation (<http://www.skincancer.org/skin-cancer-information/skin-cancer-facts> and <http://www.skincancerprevention.org/skin-cancer/risk-factors>), the American Cancer Society (<https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/uv-protection.html>), and Vista Community Clinic.