Melanoma: Is Your Skin Safe?

It's almost that time of year again. Summer. You may be yearning for that chair by the pool and a warm, summer glow, but your skin probably isn't. Every time your skin burns or blisters, you're damaged – making it more vulnerable to the deadliest form of skin cancer: melanoma. Will you protect it this year?

The Sun & Melanoma

86% of melanomas are caused by ultraviolet (UV) radiation from the sun.

UV radiation is a primary cause of melanoma.

Average UV Index

July

Highest July average UV index in the U.S.:
- Hawaii: 11.5
- Colorado: 11.2
- New Mexico: 11.2

Highest average July UV index in the Southeast:
- North Carolina: 11.2
- Kentucky: 11.2
- West Virginia: 11.2

Melanoma in the Southeastern States

The Southeastern states have some of the highest rates of melanoma incidence, especially in Florida and South Carolina. The number of people who develop or die from melanoma each year.

Melanoma in South Carolina

Between 1990 to 2009 there were...
- 11,711 new melanoma cases
- 1,476 melanoma cancer deaths

Seriousness of Melanoma

In 2013:
- 7,600 Americans have died with melanoma.
- 9,480 People have been diagnosed with melanoma.

Survival rates have increased from 49% in 1950-1954 to 92% in 1996-2003.

But in 2009 there were 876,344 survivors diagnosed with melanoma.

Melanoma Prevention

Use Sunscreen.

Avoid Tanning Beds.

Seek Shade.

Use sunscreen of at least SPF 15 daily, especially when outside.

Avoid sunburns and limit exposure to midday sun (10 a.m. to 4 p.m).

1 indoor tanning session increases your risk of melanoma by 59%.