

Melanoma: Is Your Skin Safe?

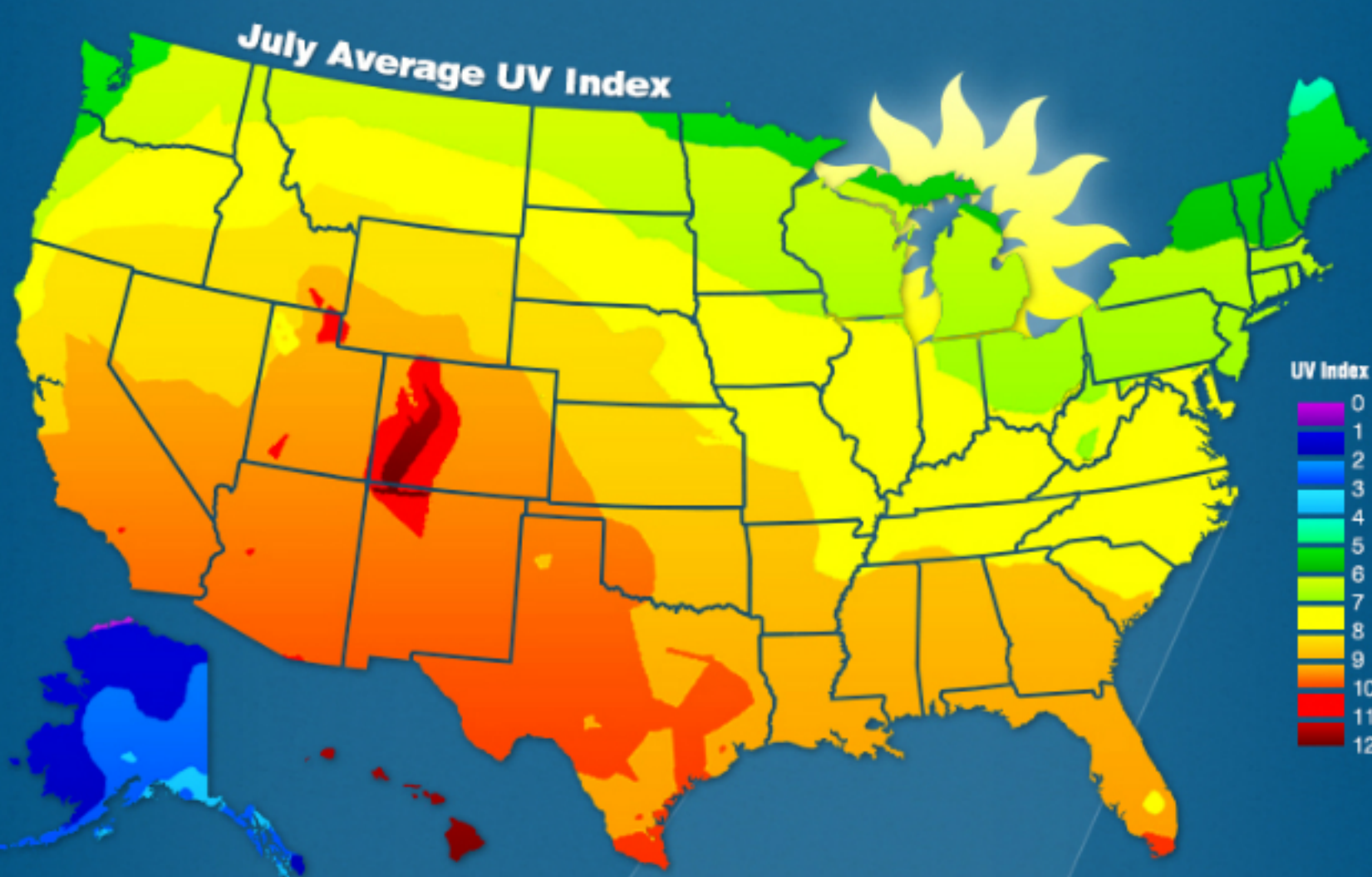


It's almost that time of year again: **summer**. You may be yearning for that chair by the pool and a warm, summer glow, but your skin probably isn't. Every time your skin tans or burns, its cells are damaged – making it more vulnerable to the deadliest form of skin cancer: melanoma. Will you protect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

The Sun & Melanoma

86% of melanomas are attributed to exposure to **ultraviolet (UV) radiation** from the sun.

UV radiation is a proven human **carcinogen**.



The monthly average **UV index** (intensity of the sun's rays) is **highest** in...

July
(Map Shown Above)

Strongest July average UV intensity in the U.S.
Hawaii Colorado Arizona New Mexico

11.7

11.5

11.2

11.2

Melanoma in the Southeastern States

Definition of **melanoma incidence**:
The number of people who develop or die from melanoma each year.



The Southeastern states have some of the **highest rates** of melanoma incidence in the country (as of 2009, for which the latest data exists).

Highest rates of incidence:

North Carolina Kentucky

Second Highest rates of incidence:

South Carolina Alabama Georgia
Tennessee West Virginia

Melanoma in South Carolina

Between **1996** to **2009** there were...

11,711 new melanoma **cases**.

1,476 melanoma cancer **deaths**.




Seriousness of Melanoma

In 2013:

76,690 Americans

 will be **diagnosed** with melanoma.

9,480 People

 will **die** from melanoma.

But...

Survival rates have increased from

49% in **1950-1954** to

92% in **1996-2003**.

In **2009** there were

876,344 survivors

of melanoma in the U.S.

Melanoma Prevention

Use Sunscreen.

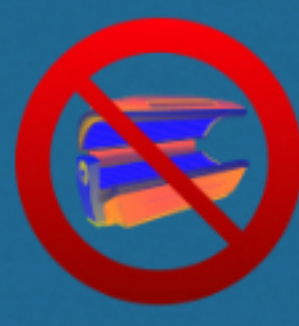


Use sunscreen of **at least 15 SPF** year-round when outside.

After **5 or more** sunburns, a person's risk of melanoma **doubles**.



Avoid Tanning Beds.



1 indoor tanning session increases a person's risk of melanoma by **20%**.

Seek Shade.



The sun's rays are strongest between **10 a.m.** and **4 p.m.**

About MUSC:

MUSC Hollings Cancer Center's Jenny Sullivan Sanford Melanoma & Skin Cancer Program is the only one of its kind in South Carolina. The program is committed to enhancing the care of melanoma and skin cancer patients and has been designated a Melanoma Center of Excellence (MCE) by the Melanoma Hope Network - one of the first 15 programs in the United States to receive this designation.
MUSChealth.com/melanoma

Sources:

<http://www.skincancer.org/skin-cancer-information/skin-cancer-facts#melanoma>
<http://www.epa.gov/sunwise/uvimonth.html>
<http://www.cdc.gov/cancer/skin/statistics/state.htm>

