

RISK FACTORS OF SKIN CANCER

THE BIGGEST RISK FACTOR FOR SKIN CANCER IS EXPOSURE TO UVR INCLUDING FROM THE SUN AND INDOOR TANNING.

Anyone can develop skin cancer, but there are people at greater risk, including:

- People with fair skin or freckly skin, with blonde or red hair, and with light-coloured eyes.
- People who burn easily.
- People with a large number of moles on their skin.
- People who spend a lot of time outdoors (such as outdoor workers).
- People with a past or family history of skin cancer.
- People who take medication that makes them more sensitive to the sun.
- People who use tanning beds.

While skin cancer is more common in people with fair skin, people with all skin types and colours can develop skin cancer. Skin cancer in people with darker skin is often detected at a more advanced stage and so the outcomes tend to be more serious.

PROTECT YOURSELF

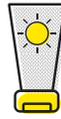
THE BEST WAY TO REDUCE YOUR RISK OF SKIN CANCER IS TO LIMIT YOUR EXPOSURE TO UVR.



Cover up with clothing that covers as much skin as possible – in general, clothing protects better than sunscreen. Tightly woven or UV-protective labelled clothing offers the best protection.



Wear a hat that shades your face, head, ears, and neck. Wide-brimmed hats are best.



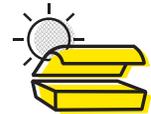
Use broad spectrum, water resistant sunscreen with at least SPF 30 on all skin not covered by clothing. Apply generously.



Seek shade or bring your own. Pack an umbrella and stay in the shade, especially between 11am and 3pm when the sun's rays are the strongest.



Wear sunglasses with full UVA and UVB protection to protect your eyes. Close-fitting wrap around styles are best.



Skip the tanning bed. There is no such thing as a healthy tan. Each indoor tanning session increases your risk of skin cancer.



Check your skin monthly in a well-lit room. Use a mirror so you can look at your entire body. Keep an eye on the moles that you have. If you see a mole or spot on your skin that is changing, itching, bleeding or growing, see a doctor. Early detection is important.

Skin Cancer



WHAT IS SKIN CANCER?

Skin cancer is the **UNCONTROLLED GROWTH OF ABNORMAL CELLS IN THE SKIN.**

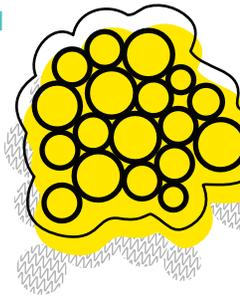
There are several types of skin cancer – **MELANOMA AND NON-MELANOMA SKIN CANCERS.**

Melanoma is the most dangerous form of skin cancer and if left untreated can cause serious illness and death.

THE MOST COMMON RISK FACTOR FOR SKIN CANCER IS EXPOSURE TO ULTRAVIOLET RADIATION (UVR), whether from the sun or from tanning beds.

LEARN MORE 

www.sunsmarts.ca

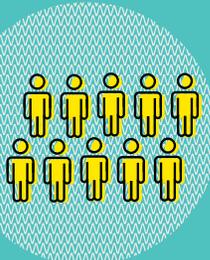


FACTS ABOUT SKIN CANCER

SASKATCHEWAN GETS THE MOST SUN OUT OF ANY CANADIAN PROVINCE.

Exposure to the sun's rays, also known as Ultraviolet Radiation (UVR), can cause skin cancer, skin damage (including sunburns and tans), and damage to the eyes.

Skin cancer is the most commonly diagnosed cancer in Saskatchewan.



APPROXIMATELY
10 PEOPLE
ARE DIAGNOSED WITH
SKIN CANCER IN
SASKATCHEWAN
EVERY DAY.

In Saskatchewan each year, approximately 3300 new cases of non-melanoma skin cancer and 190 cases of melanoma are diagnosed.

Skin cancer, including melanoma (the most dangerous form), is **HIGHLY TREATABLE WHEN DETECTED EARLY.**

TANNING DOES NOT OFFER PROTECTION FROM THE SUN.

There is no such thing as a healthy tan. A tan is actually an indication of skin damage.

TYPES OF SKIN CANCER

Skin cancer types are named after the skin cell in which the cancer develops. When cancer starts in melanocytes, it is called melanoma.

When cancer starts in squamous cells, it is called squamous cell carcinoma, and when it starts in basal cells it is called basal cell carcinoma. Together, squamous and basal cell carcinoma are referred to as non-melanoma skin cancer.

**SQUAMOUS + BASAL CELL CARCINOMA
= NON-MELANOMA**

Although one of the less common types of skin cancer, **MELANOMA IS CONSIDERED THE MOST SERIOUS TYPE OF SKIN CANCER**, especially if not detected early.

Melanoma is more likely to spread to other parts of the body, such as the lungs, liver, brain and bones.

The earlier melanoma is diagnosed, the more successful treatment is likely to be. Left untreated, melanoma may spread deeper into the skin where it can be carried to other parts of the body by lymph vessels or blood vessels.

**WORLDWIDE,
MELANOMA ACCOUNTS FOR
4% OF ALL SKIN CANCERS,
BUT IS RESPONSIBLE FOR
80% OF SKIN CANCER
DEATHS.**

WHAT CAUSES SKIN CANCER?

Though there are genetic factors that contribute to your risk of skin cancer, the most common cancers are strongly associated with exposure to UVR.



**UVR CAUSES
DAMAGE TO DNA
AND CELL FUNCTIONS.**

This damage can show itself immediately as a tan or sunburn, though cells can be damaged even if neither of these is observed.

Skin cells have repair mechanisms, but they are not perfect.

Some skin cells die as a consequence of being too damaged to repair, but the biggest problem comes when some of the DNA damage is not repaired and the cells become defective.

