

follow these  
simple **safety**  
precautions  
to help prevent  
melanoma –

**CAUTION**

don't risk your  
**fun** in  
the  
**sun**

## Our Mission

Melanoma Know More strives to reduce the impact of melanoma through awareness, education, support of medical research, and assistance to persons affected by melanoma.

## Our Initiatives

Melanoma Know More strives to decrease the impact of melanoma by providing programs such as:

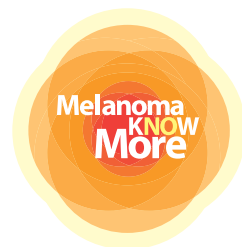
- a free skin cancer screening clinic
- melanoma education programs for school-aged children
- a screening protocol for primary care physicians focused on early detection during routine check-ups.

## Volunteer

Melanoma Know More is an organization built on the hard work and dedication of our volunteers. If you are interested in volunteering, please visit our website to find out how you can get involved.

## Donate

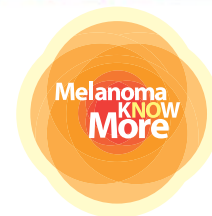
Melanoma Know More uses funds to provide awareness programs and to support research. To make a donation please visit our website at [www.melanomaknowmore.com](http://www.melanomaknowmore.com). Your generosity can help Melanoma Know More make an impact!



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# 10 tips for safe fun in the sun



[www.melanomaknowmore.com](http://www.melanomaknowmore.com)

## Why do I need to worry about melanoma?

- Because melanoma is found in people of ALL skin colors, even those with darker skin.
- The incidence of melanoma is increasing faster than any other type of cancer — a person's lifetime risk is now 1 out of 30, and melanoma has become the most common cancer among young adults.
- Melanoma is the deadliest form of skin cancer, but is 100% curable when caught early.
- Melanoma deaths are increasing, while death rates are decreasing in all other cancers.

## Who is most at risk for melanoma?

- Caucasian men over 50 years of age
- Caucasian women in their 20s
- People who sunbathe or use tanning beds regularly
- People with light skin or lots of freckles, blue or green eyes, blond or red hair

## How can I protect against melanoma?

- Cover your skin and/or wear sunscreen whenever you're outside for more than 10-15 minutes, even on cloudy days and during winter months.
- Consider using spray-on tans instead of going to tanning salons.

## What kind of sunscreen should I use?

- Use sunscreen that blocks both UVA rays (responsible for premature aging as well as melanoma) and UVB rays (responsible for sunburns and other skin cancers).
- Use at least SPF-30, although anything over SPF-50 is probably unnecessary.

## How much sunscreen should I use?

- You need more than you think you do!
- Use liberally — at least 1 ounce (about a full shot glass) to cover your entire body.
- Apply 30 minutes before going outside AND reapply every 1-2 hours, especially after swimming or sweating.

## If I get a "base tan" or have dark skin, does that protect me?

- **NO** — tanned skin does not protect you from either sunburns caused by UVB rays or the damaging effects of deeper penetrating UVA rays.
- Fair-skinned people are more likely to get sunburns, but anyone can get melanoma including people of color and others who tan easily.

## What about sun protection for children?

- Keep babies out of the sun, or use hats and other coverings, as much as possible.
- Start using sunscreen once your baby is 6 months old.
- Sunscreens specially formulated for infants and children are best.
- Look for sunscreens with zinc oxide or titanium oxide, which don't rub off so easily.

## What other methods of sun protection are there?

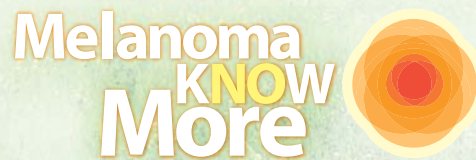
- Minimize your time in the sun between 10am and 4pm, when rays are strongest.
- Wear long sleeves, long pants, hats and sunglasses when outside.
- Wear sun protective clothing (*sungrubbies.com*, *sunprecautions.com*, *coolibar.com*, *soltartex.com*) or wash your clothes in SunGuard (*sunguardsunprotection.com*).
- Note — a white cotton tee shirt is not enough protection since it only has an SPF of 3.

## How often are skin inspections needed?

- Check yourself monthly for changes in moles or anything else that looks suspicious.
- Ask your stylist/barber to check your scalp whenever you have a hair appointment.
- See a dermatologist or primary care physician once a year for a full body exam.

## Don't I need time in the sun to get enough Vitamin D?

- Most people naturally get enough Vitamin D from minimal sunshine and/or their regular food choices.
- Foods rich in vitamin D include fish (salmon, tuna), fortified dairy products and cereals, egg yolk, mushrooms.
- Dietary supplements, such as multivitamins or calcium tablets, provide alternative sources of Vitamin D.



For more information and links to additional resources:  
[www.melanomaknowmore.com](http://www.melanomaknowmore.com)