

SunGuard Man



Maryland Skin Cancer Prevention Program

www.sunguardman.org

2010 Fact Sheet

- Skin cancer is the most common type of cancer, with over 1 million new cases of the highly curable basal cell or squamous cell skin cancers expected in the United States this year.
- The most serious form of skin cancer is melanoma, which was expected to be diagnosed in about 68,720 people in the U.S. and in about 1,310 people in Maryland in 2009. The highest melanoma rates are on the Eastern Shore, the Baltimore Metropolitan Region, and Western Maryland.
- Melanoma, while accounting for only about 5% of all skin cancers, is responsible for over 75% of skin cancer deaths.
- Melanoma is the most rapidly increasing form of cancer, more than doubling in the last 30 years.
- You don't have to be very old to get skin cancer. About one in four people who develop melanoma are under the age of 40.
- Although lighter skinned people are at a higher risk for developing melanoma, persons of all races and ethnic backgrounds are susceptible. In darker skinned people, melanoma may develop on the palms of the hands, the soles of the feet, or under the nails. It is often diagnosed at later stages resulting in a higher mortality rate.
- On the positive side, malignant melanoma is the most preventable type of cancer. The major risk factor is childhood sunburn. Just one or two blistering sunburns double a person's chance of developing melanoma later in life.
- Studies show that nearly 75% of teenagers experience at least one sunburn during the summer. Only about one third use sunscreen.
- Tanning beds emit dangerous UV radiation and are linked to skin cancer. Ultraviolet radiation from artificial tanning devices, was elevated in 2009 to a "Class 1 Carcinogen," the most dangerous level, by the World Health Organization.
- As of October 1, 2008 minors need in-person parental consent to use a tanning facility in Maryland.
- The Program's *SunGuard Your Skin* program is a two-lesson curriculum, available to teachers free of charge, on SunGuard Man Online at www.sunguardman.org. This web site also offers information, a cartoon adventure series, videogames, activities, and contests for students.
- The Maryland Skin Cancer Prevention Program works to increase skin cancer awareness and provide skin cancer prevention education to the citizens of Maryland, especially children and adolescents. Its mission is to promote behavior that is likely to prevent skin cancer, and ultimately to make such behavior so familiar to the citizens of Maryland that it is established as a social norm.



SUN PROTECTION MESSAGES

Don't Fry Day

Friday, May 28, 2010



The Friday before Memorial Day is
Don't Fry Day™
www.skincancerprevention.org



1.

Do Not Burn.

- **Avoid intentional tanning.**
- **Avoid tanning beds.**

Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.



2.

Generously Apply Sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.



3.

Wear Sun-Protective Clothing such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.



4.

Seek Shade when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 4 p.m.



5.

Use Extra Caution Near Water, Snow, and Sand as they reflect the damaging rays of the sun which can increase your chance of sunburn.



6.

Get Vitamin D Safely through a healthy diet that includes vitamin supplements. Don't seek the sun.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing skin lesion in an adult should be evaluated.

The Truth About Tanning Beds

A Fact Sheet from the Maryland Skin Cancer Prevention Program



- On an average day in the United States more than 1 million people visit tanning salons. The indoor tanning industry's estimated annual revenue is \$5 billion. ¹
- Tanning beds emit dangerous ultraviolet (UV) radiation and are linked to skin cancer.
- Indoor tanning lamps emit UVA and UVB radiation at levels that can be as much as 15 times stronger than the sun. ²
- UV radiation, both from natural and artificial sources, such as tanning beds and sun lamps, has been classified by the US Department of Health and Human Services as a known carcinogen (cancer causing agent). ³
- Research has shown that exposure to UVA radiation is associated with an increased risk for basal cell carcinoma and squamous cell carcinoma, the two most common types of skin cancer. ⁴
- A Swedish study presents strong evidence that indoor tanning increases the risk of the most dangerous type of skin cancer, melanoma, especially when tanning bed use begins at an early age. ⁵
- A 2002 study demonstrated that the percentage of girls reporting using tanning beds doubled from the ages of 14 to 15 and then doubled again to 35% by the age of 17. ⁶
- The World Health Organization (WHO) elevated tanning beds to its highest risk category (Category 1) in 2009 and recommends that no person under 18 should use a tanning bed. ⁷
- The International Agency for Research on Cancer (part of the WHO) has concluded that there is a 75% increase in melanoma risk associated with use of tanning beds before age 30. ⁸
- The annual incidence of melanoma increased among Caucasian women in the United States aged 15-39 by 50% between 1980 and 2004. ⁹
- UV radiation from tanning beds can also have a damaging effect on the immune system and cause premature aging of the skin, giving it a wrinkled, leathery appearance.
- There is no such thing as a safe tan. A tan is the skin's response to injury.
- Cosmetic tanners (sprays and lotions) are safe alternatives to the sun and tanning beds. Remember to use sunscreen also.
- As of October 1, 2008 minors need in-person parental consent to use a tanning facility in Maryland.
- The Maryland Skin Cancer Prevention Program is funded by a grant from the Maryland Department of Health and Mental Hygiene Cigarette Restitution Fund Program.

Visit us at www.sunguardman.org

The Truth About Tanning Beds

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