

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early. According to the National Cancer Institute, most skin cancer appears after age 50, but skin damage from the sun can start during childhood.

The Bloomfield Health and Human Services is proud to participate in Melanoma/Skin Cancer Detection and Prevention Month. During the month of May, we are highlighting, taking action to prevent skin cancer and reduce the risk of UV damage by contacting your dermatologist, primary care provider or local health department for a referral.

Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

The Basics: Am I at Risk?

What causes skin cancer?

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning beds, tanning booths, or sunlamps.

Anyone can get skin cancer. The risk is highest for people with:

- Fair (white or light-colored) skin with freckles
- Blond or red hair
- Blue or green eyes

You are at higher risk for the most dangerous type of skin cancer (melanoma) if you have:

- Unusual moles (moles that change color, grow unevenly, or change in texture)
- A large number of moles (more than 50)
- A family history of melanoma or unusual moles
- Fair skin that burns easily
- A personal history of many blistering sunburns, especially when you were a child or teenager

Download a printable version of infographic – Defend! Catch! Take Action!

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/detect/how-to-be-a-skin-cancer-hero>

For more information, visit

<http://www.bloomfieldtwpnj.com/health-human-services/> or contact our Nursing Division at 973-680-4058

<https://www.cdc.gov/cancer/skin/>

<https://www.aad.org/public/spot-skin-cancer>