



National Council on
Skin Cancer Prevention

The Friday before Memorial Day is

Don't Fry Day

www.skincancerprevention.org

This Don't Fry Day is dedicated in memory of Dr. Marie-France Demierre

SUNAWARE

PROTECT YOUR SKIN TODAY
AND EVERY DAY

Avoid unprotected UV (sun or tanning bed) exposure anytime and seek shade.

Wear sun protective clothing including hats and sun glasses.

Apply sunscreen with an SPF ≥ 30 , 20 minutes before UV exposure and reapply every two hours while exposed.

Routinely check your whole body for changes in your skin and report suspicious changes to a healthcare provider.

Educate your family and community about sun protection.

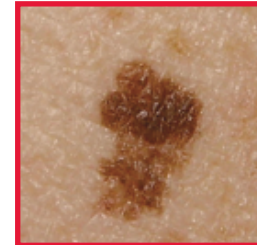
- There will be over two million new cases of skin cancer in the U.S. this year.
- Skin cancer is preventable and easily recognizable.
- One American dies every hour from skin cancer.
- Melanoma is the leading cause of death from skin cancer.
- Melanoma is the 2nd most common cancer in young, white women.

**Anyone can develop skin cancer
anywhere on the body**

Report new and changing spots that are:



- Persistent**
- Easily irritated**
- Enlarging**
- Recurrent**



- A - Asymmetrical**
- B - Border irregular**
- C - Color variable**
- D - Diameter enlarging**
- E - Evolving**

Brought to you by an educational grant from the Children's Melanoma Prevention Foundation.



Dermatology Nurses' Association

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