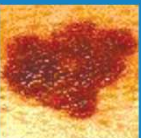


# Early detection is important.

## Spot it • Stop it

With early detection most skin cancers can be successfully treated. Get to know your skin by practicing monthly self skin examinations. If you find something suspicious, get it checked out by your doctor. Follow the CSCF on Twitter or Facebook or sign up on our website to receive monthly reminders.

Melanoma can be found early by checking your moles and birthmarks using the ABCDEs of early detection:



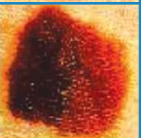
### Asymmetry:

One half is unlike the other



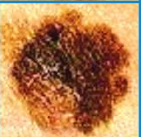
### Border:

Blurry or jagged edges



### Colour:

More than one shade or colour



### Diameter:

Larger than 6 mm



### Evolution:

Changes in size, shape or colour over time

The Canadian Skin Cancer Foundation recognizes that we all celebrate the sun in our own way. It's our friend, a warm embrace and quite simply brilliant. In fact, we encourage people to go out and play. Just protect your skin when you go out in the sun.



**Go Safe means educating and protecting oneself. It stands for responsible behaviour, and it believes that life is fun, skin cancer isn't.**

For more information, or to make a donation in support of a world without skin cancer, please visit our website or contact us at:

PO box 67178 Meadowlark RPO, Edmonton AB T5R 5Y3  
(780) 577-1485

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

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 [@cdskincancerfd](https://www.instagram.com/cdskincancerfd)

 [CanadianSkinCancerFoundation](https://www.facebook.com/CanadianSkinCancerFoundation)

Charitable Registration Number: 869370106RR0001

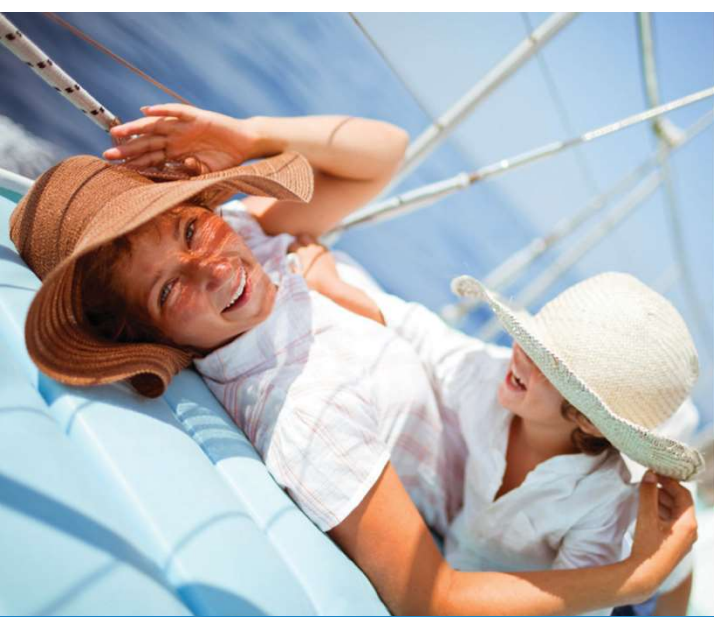
**This brochure provides general information and is not intended to replace the advice of a qualified healthcare provider.**



The funding of this brochure has been made possible through a grant provided by LEO Pharma Inc.



# Go Safe in the sun



Go out and play,  
just go safe.

**Over 80,000 Canadians will be diagnosed with skin cancer this year. Fortunately there are a few simple ways to protect yourself and your loved ones:**

- Stay out of the sun between 10 a.m. and 4 p.m. or anytime the UV Index is 3 or higher
- Cover arms and legs with loose-fitting, tightly woven and lightweight clothing
- Wear a wide-brimmed hat to protect head, face, neck and ears
- Stay in the shade – under trees, awnings or umbrellas
- Wear sunglasses with UV protection
- Use sunscreen with an SPF of 30 or higher; apply at least 20 minutes before going into the sun, reapply every 2 or 3 hours or after swimming or perspiring

#### And remember:

- These precautions are important all year round because the sun's rays bounce off the snow, sand, water and even concrete
- Sunscreen expires! Check the dates as sunscreen loses its effectiveness with time
- Pay attention to UV levels, which are reported daily by Environment Canada and local weather forecasts

#### Tanning Beds:

The World Health Organization's International Agency for Research on Cancer recently gave tanning beds its highest cancer-risk rating, branding them "carcinogenic to humans."

**Myth #1: Tanning beds are safer than direct sunlight.**

**False.** Tanning beds can expose you to 5x as much UV radiation as the sun.

**Myth #2: Tanning before a vacation protects your skin from burns.**

**False.** A tan only provides a maximum SPF of 4, not even close to the recommended SPF of 30, and you are damaging your skin while you get the tan.

**Myth #3: Tanning beds help produce the vitamin D your body needs to remain healthy.**

**False.** In most cases it takes only minutes a day of sun exposure to provide enough vitamin D to remain healthy. If you have concerns about your levels of vitamin D, talk to your doctor about vitamin supplements.



**Skin cancer is more prevalent than breast, prostate, lung and colon cancers combined. Not a pretty picture.**

Skin cancer is caused by damage to the skin's cells that can lead to mutations. Both cumulative and periodic excessive exposure to UV radiation from the sun or tanning beds causes skin damage. Even when the tan or burn go away, the damage remains and accumulates over time.

#### Actinic Keratosis (AK)

Believed to be the earliest form of skin cancer, AKs appear as rough, scaly, slightly raised growths that appear most often where there has been cumulative damage (face, top of the head, side of the neck).

#### Basal Cell Carcinoma (BCC)

BCCs are the most common type of cancer. They most often appear on sun exposed areas such as the face, ears and neck, frequently with two or more of the following features present in one tumour: persistent, non-healing sores, shiny bumps or nodules, pink growths or scar-like areas with poorly defined borders.

#### Squamous Cell Carcinoma (SCC)

SCCs appear as persistent wart-like growths or open sores that crust and bleed occasionally and may rapidly increase in size.

#### Malignant Melanoma

Melanoma, the deadliest form of skin cancer, is caused by excessive exposure to ultraviolet radiation. Severe, blistering sunburns, especially in childhood, increase the risk. Indoor tanning, even once, increases the risk of melanoma by 59%.