

# MELANOMA SKIN CANCER

Melanoma, one of the fastest growing cancers in Canada, occurs when melanocytes (the cells that give the skin its color), grow out of control

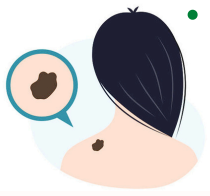
What are some of the **RISK FACTORS** for developing melanoma skin cancer?



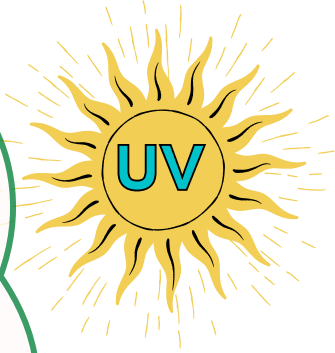
Most skin cancer cases are preventable and are caused by:

## Did you know?

- Some risk factors for melanoma skin cancer cannot be changed. These include:
- Having a family history of melanoma
- Having a weakened immune system



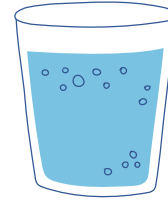
- Having fair skin, blond/red hair, light colored eyes
- Having many or unusual moles



Excessive **UV light** exposure



A history of **sunburns**



**Arsenic** in drinking water

## The UV Index

- UV exposure is at its highest between **11am - 3pm**
- Many surfaces reflect UV radiation and add to overall UV levels – Be mindful when you are near sand, snow and water
- Check the UV index daily

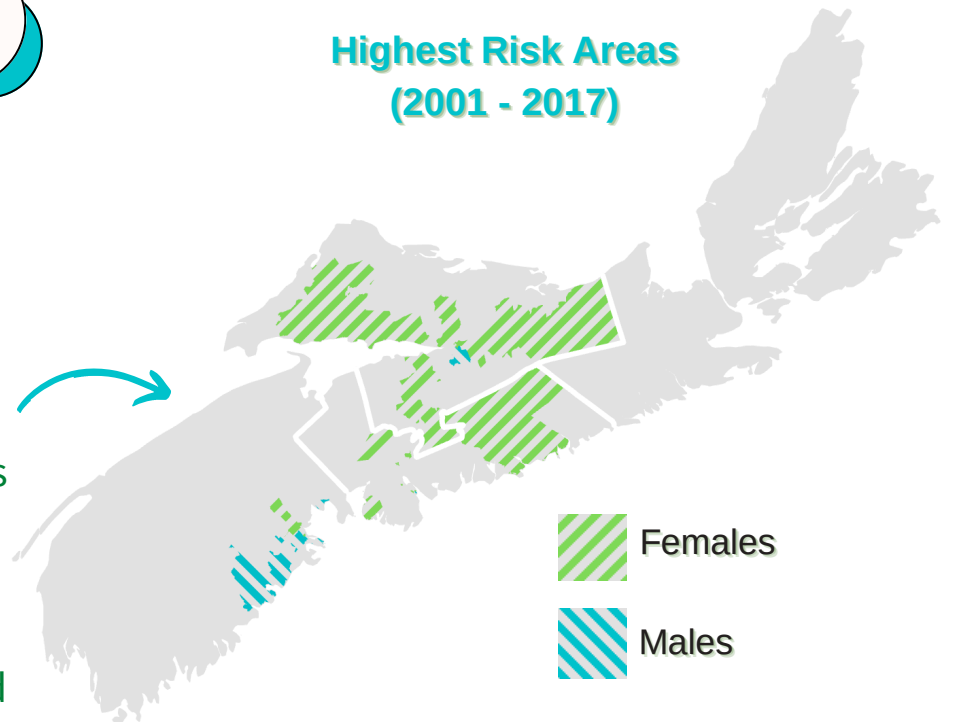


## Melanoma skin cancer in Nova Scotia



- Nova Scotia has the **second highest rate** of melanoma skin cancer in Canada. The rate in males and females is respectively, **43%** and **46%** higher in Nova Scotia compared to the rest of Canada
- Melanoma skin cancer occurs throughout Nova Scotia. A persistently higher rate is seen in both males and females in parts of the northern, central, and western health zones.
- About **4,900** cases of melanoma skin cancer are expected to be diagnosed in Nova Scotia in the next 10 years

## Highest Risk Areas (2001 - 2017)



## REDUCE YOUR RISK of developing melanoma skin cancer



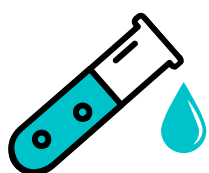
**Cover your skin** with clothing, such as long sleeves or pants and wear a **wide-brimmed hat**



Use **UV-protected eyewear** or sunglasses



Do not use **tanning beds**



**Test, review** the results, and if needed, **treat** your well water to keep it safe



Plan outdoor activities in the **shade**



Use a minimum of **30 SPF sunscreen** and UV protective lip balm

## UV Index numbers

1	<b>LOW</b>
2	Minimal sun protection required
3	<b>MODERATE</b>
4	Cover up, wear sunglasses and sunscreen
5	Seek shade at mid-day
6	<b>HIGH</b>
7	Protection required
8	Reduce time in the sun between 11AM-3PM
9	Seek shade, cover up, use sunglasses and sunscreen
10	<b>VERY HIGH</b>
11	Extra precautions required
12	Minimize time in the sun between 11AM-3PM
13	Take full sun safety precautions
14	<b>EXTREME</b>
15	Extra precautions required
16	Avoid the sun between 11AM-3PM