

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

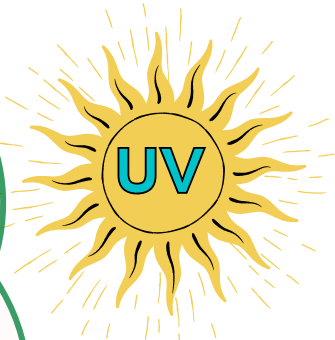
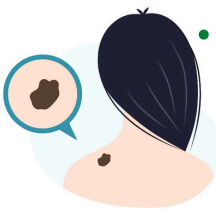
What are some of the **RISK FACTORS** for developing melanoma skin cancer?



Most skin cancer cases are preventable and are caused by:

Did you know?

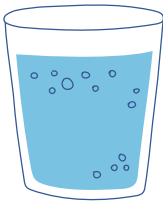
- Some risk factors for melanoma skin cancer cannot be changed. These include:
- Having a family history of melanoma
- Having a weakened immune system
- Having fair skin, blond/red hair, light colored eyes
- Having many or unusual moles



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

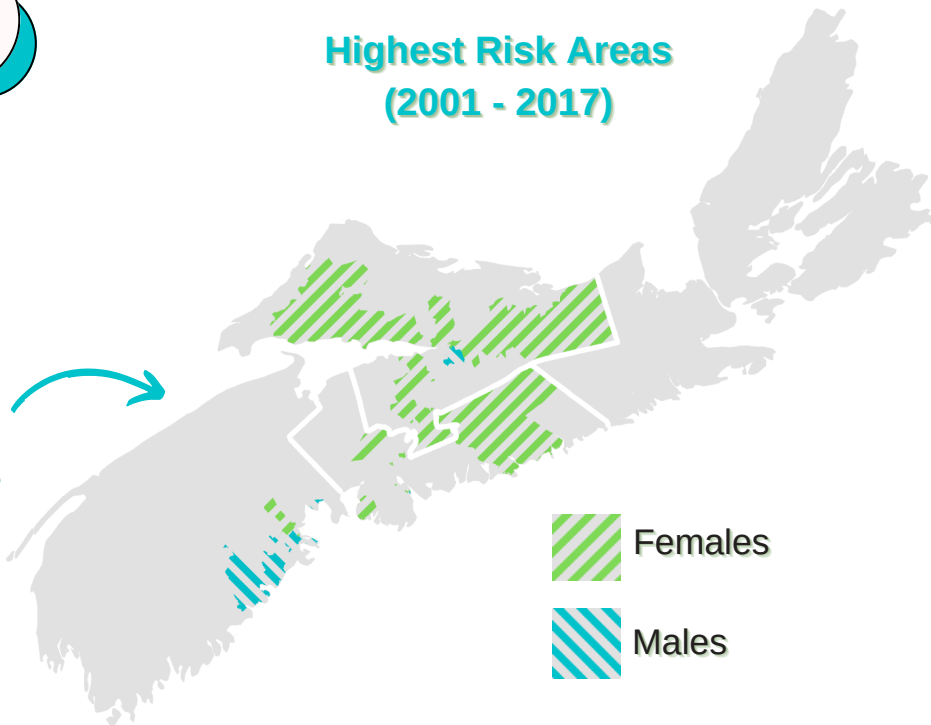


Melanoma skin cancer in Nova Scotia



- 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



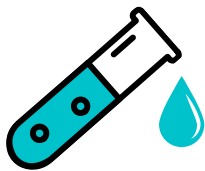
Cover your skin with clothing, such as long sleeves or pants and wear a **wide-brimmed hat**



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