

Be Sun Smart

Your Guide to Skin Cancer Prevention

Memorial Sloan Kettering is recognized as a world leader in the prevention, diagnosis, and treatment of skin cancer. Our skin cancer specialists take a comprehensive approach to cancer treatment. We prioritize the quality of life of the people we care for, providing social services, emotional support, integrative medicine, and access to the latest advancements in cancer science.

The New York City District Council of Carpenters (NYCDCC) Welfare Fund partners with MSK to offer MSK Direct, a program that provides guided access to expert clinical care as well as practical and emotional support.

For more information, call the NYCDCC Welfare Fund dedicated MSK Direct line at **833-786-3368** (US) or **646-449-1541** (International) or visit mskcc.org/nycdcc.



Memorial Sloan Kettering
Cancer Center



New York City District Council of Carpenters
BENEFIT FUNDS

WHAT IS SKIN CANCER?

Skin cancer develops when there's an out-of-control growth of abnormal cells in the epidermis, the outermost skin layer.

A major risk factor is prolonged exposure to ultraviolet (UV) radiation that comes from the sun or tanning machines.

BE SUN SMART TO REDUCE YOUR RISK



- Apply sunscreen with an **SPF of 30 or higher** at least 20 minutes (if using chemical sunscreen) before going outside, even on cloudy days and in the winter.
- Protect yourself from UVA and UVB rays by wearing **broad-spectrum sunscreen**.
- Stay out of the sun from **10:00 AM to 2:00 PM**, when rays are the strongest.
- **Reapply** sunscreen every two hours and after swimming, toweling off, or sweating.
- Seek out **shade** whenever possible.
- Wear **protective clothing** such as long-sleeve shirts, wide-brimmed hats, and sunglasses.
- **Avoid** indoor tanning machines.

SKIN RISK FACTORS YOU CAN CONTROL



- **Exposure** to UV rays



- Wear SPF:
S- Sun
P- Protection
F- Factor

SKIN RISK FACTORS YOU CAN'T CONTROL



- Fair or freckly skin, blue eyes
- Having **moles**
- Risk increases with **age**
- **Men** are at a greater risk
- History of **sunburns**
- **Previous history** of skin cancer
- **Family history** of skin cancer



DID YOU KNOW?

Anyone can get skin cancer.

99%

The **five-year survival rate** for melanoma if the cancer is localized and caught early.

Melanoma mortality rates have declined recently because of advances in immunotherapy drugs.

Men 50+ are among those at highest risk of melanoma.



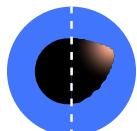
1 in 5 Americans will likely get skin cancer.

5+

No. of sunburns in your life that **doubles your risk** of melanoma.

THE ABCDE'S OF SKIN CANCER

Use the ABCDE method when examining suspicious moles or spots.



Asymmetry

One half doesn't match the other.



Border

The edges are uneven and irregular.



Color

The shade does not match that of your other moles.



Diameter

The width is more than six millimeters.



Evolution

There are changes in the size, shape, surface, or color.

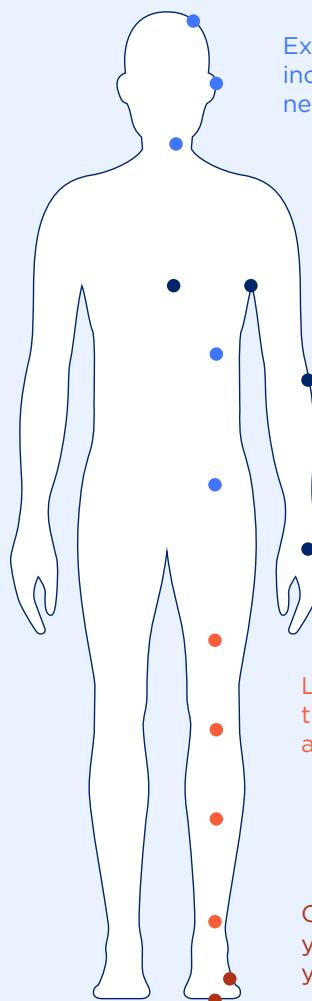
If you find spots that are changing, bleeding, or itching, make an appointment with a dermatologist.

TAKE ACTION: SKIN SELF-AWARENESS

Self-examination can detect skin cancer at the earliest stage when it is most easily cured. Most skin cancers are noticed by the individual or their primary care doctor and then verified by a dermatologist.

SELF-EXAMINATION TIPS

Grab a mirror and do a head-to-toe skin self-exam monthly to check for spots.



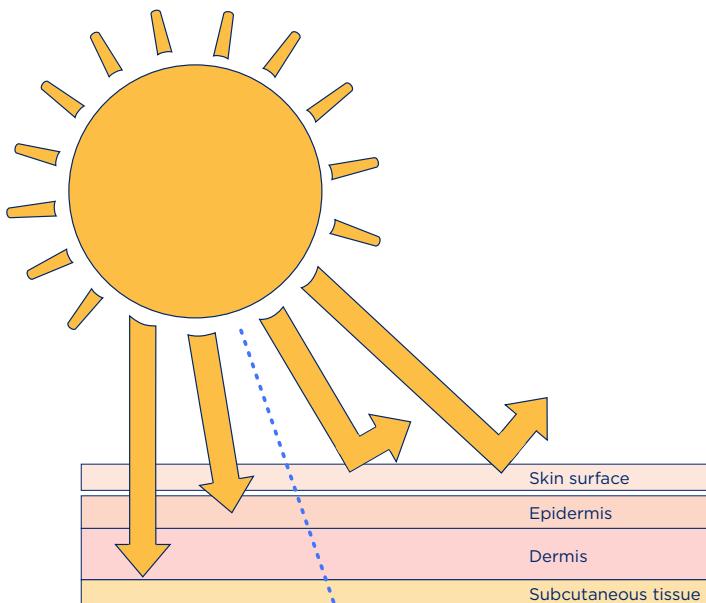
Examine your entire body, including ears, scalp, neck, back, and buttocks.

Bend elbows, twist arms around, closely examine hands, chest, and armpits.

Look at the backs of your thighs, knees, calves, and ankles.

Check the bottoms of your feet and between your toes.

CHEMICAL VERSUS MINERAL SUNSCREENS



Chemical Sunscreen

- Uses chemical filters to block and absorb UV rays
- Requires 20-minute wait to be effective
- Octinoxate, oxybenzone, and avobenzone
- Includes water resistant options

Mineral Sunscreen

- Creates a barrier on top of skin and bounces UV rays
- Effective immediately
- Zinc or titanium dioxide
- Reapply after every towel dry
- Reef safe



OUR LOCATIONS

New York

Memorial Sloan Kettering Cancer Center
MSK Commack
MSK Nassau
MSK Ralph Lauren Center
MSK Westchester

New Jersey

MSK Basking Ridge
MSK Bergen
MSK Monmouth

CONTACT

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To schedule a skin screening, speak with your dermatologist or contact your health plan for a referral.



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