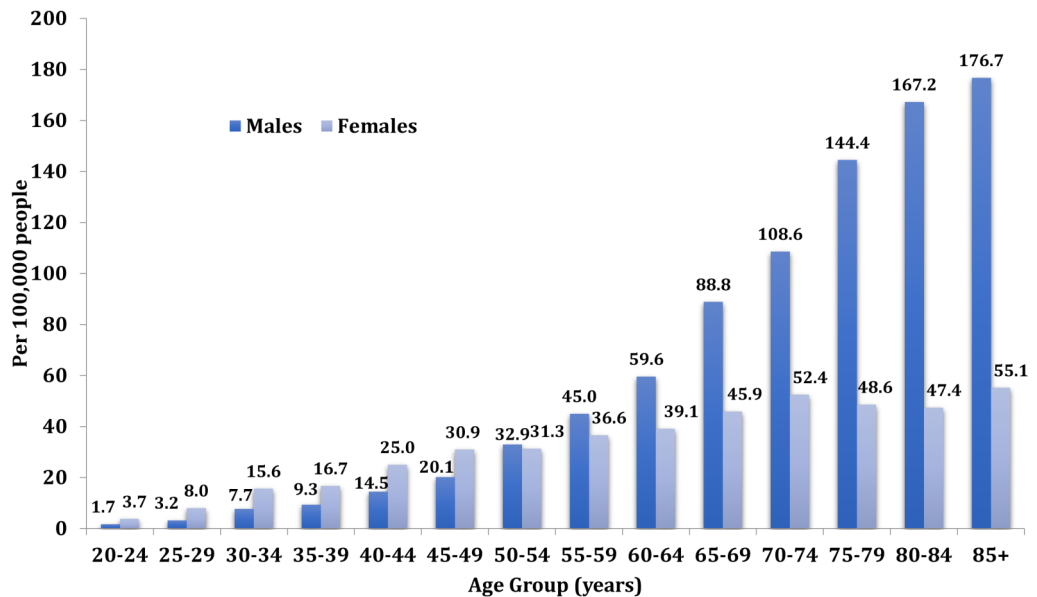


## Prevention: What Can You Do? \*

- Use "broad spectrum" sunscreen with a sun protective factor (SPF) of 15 or greater. This type of sunscreen protects against both UVA and UVB rays.
- Cover up with a wide-brimmed hat, sunglasses, long sleeves, and long pants or skirts.
- Stay out of the sun between 10 a.m. and 3 p.m., when the sun's UV rays are the strongest.

### Incidence of Melanoma Skin Cancer by Age Group and Sex \*

Indiana, 2015-2019



The graph shows that skin cancer rates increase with age and depend greatly on gender.

Knowing the signs and avoiding sun exposure is important throughout your entire life.

It can help avoid skin cancer.

Note: Excludes in situ \* Age-specific rates. Source: Indiana State Cancer

## Know your A, B,C's: Know the Signs of Melanoma \*

<p>Asymmetry</p> <p><b>A</b></p> <p>One half does not match the other half</p>	<p>Border</p> <p><b>B</b></p> <p>Borders are ragged, notched or blurred</p>	<p>Color</p> <p><b>C</b></p> <p>The color is not the same and varies from brown, tan, black.</p>	<p>Diameter</p> <p><b>D</b></p> <p>The diameter or size of the mole is bigger than a pencil eraser.</p>	<p>Evolution</p> <p><b>E</b></p> <p>When an existing mole changes shape, size or color.</p>
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\*Index. U.S. Preventative Services Task Force. February 2020.