



Asian American

&

Native Hawaiian /

Pacific Islander

Quick Facts

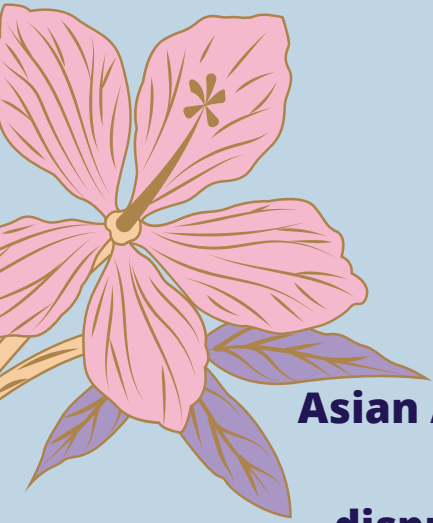


SKIN CANCER

AWARENESS

Quick Facts: Community Cancer Awareness



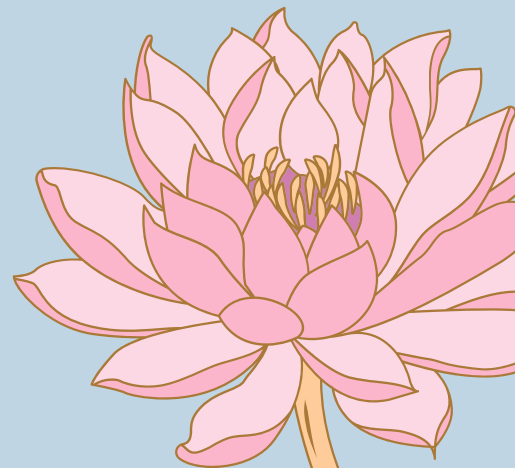


Asian Americans, Native Hawaiians, and Pacific Islanders (AA and NH/PIs) are disproportionately impacted by skin cancer.

The subject of disparities in melanoma outcomes between patients of Asian American and Pacific Islander (AAPI) heritage and those of Caucasian descent is particularly pertinent.

Current statistics indicate that Asian Americans and Pacific Islanders are less frequently diagnosed with skin cancer than other groups, yet they experience increased mortality rates once diagnosed of up to 27% higher risk than White patients. [1]

Asian and Pacific Islander patients have decreased chances of surviving melanoma as well as a higher chance of delayed diagnosis when compared with other patients. [1]





Protect your skin!

Skin cancer is the most common type of cancer, but it is also one of the most preventable. ^[2]

Ultraviolet rays, UVA and UVB, from the sun and tanning beds - even on cloudy days - can damage your skin.

It is important to protect your skin from both UVA and UVB rays. UVA rays can damage the deep layers of the skin and cause wrinkles, while UVB rays are the main source of sunburns. Damage from both can increase your risk of skin cancer. ^{[2][3][4]}

Protecting yourself with sunscreen (UVA and UVB), a hat, and sunglasses is the best way to protect your skin and eyes from the sun. ^{[2][3]}

Everyone is at risk no matter how light or dark your skin may be.



Tips to Protect Your Skin and Reduce Risk:^{[2][3]}

1. Check your skin regularly for unusual changes. If you notice any moles that have changed or are new see a health care provider.
2. Do not use tanning beds or lamps.
3. Avoid the sun between 10 am and 4 pm when possible.
4. Use sunscreen with a minimum SPF of 30 or higher that protects against UVA and UVB rays (broad spectrum).
5. Apply sunscreen to completely cover all exposed skin 15 to 30 minutes before going outdoors.
6. Always reapply sunscreen at least every two hours when outside, after swimming, or after sweating.
7. Cover up and protect yourself by wearing a wide brimmed hat, shirt, and sunglasses.



Talk to your community leaders about embedding policy.

Help us avoid harmful ultraviolet rays and damage to skin through interventions, policies, and programming that uplifts community rights to protection from the sun.

Healthy Equitable Sun Protective Policy:^[2]

- Having sun-protective features (shaded structures and trees in physical environment)
- Increasing availability and access to sun-protective items (hats, sunscreen, eyewear)
- Scheduling outdoor activities (outdoor work and school recess) outside peak sun hours
- Creating health provider policies around skin cancer prevention, screening, and treatment

Information that Patients and Healthcare Providers should be aware of: ^[1]

As educational materials and practice protocols are often not tailored to minority populations, it is important for both physicians and patients to be aware of disparities in cancer risks as related to ethnicity and racial backgrounds. Asian American and Pacific Islander patients often present with advanced tumors at higher rates. Enhancing melanoma awareness and education efforts with an emphasis on early diagnosis and treatment within the minority community can greatly benefit survival rates and improve patient outcomes. Due to the differences in anatomic location and histology of tumors as noted in scientific literature, prevention methods and clinical practice methodologies should be more carefully and individually tailored to serve the needs of minority patients who often already struggle with obtaining medical care due to disparities in access, education, and other relevant socioeconomic factors.

Sources:

- [1] Zheng, Y.J., Ho, C., Lazar, A., and Ortiz-Urda, S. (2021). Poor melanoma outcomes and survival in Asian American and Pacific Islander patients. CA: J Am Acad Dermatol 84(6), 1725-1727. Retrieved from <https://www.livderm.org/asian-american-and-pacific-islander-month-disparities-in-melanoma-outcomes-between-asian-americans-pacific-islanders-and-white-patients/>.
- [2] Centers for Disease Prevention and Control. Division of Cancer prevention and control (2022, April 18). Sun Safety. | CDC. Retrieved from https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- [3] The American Cancer Society. (2022, July 22). Skin Cancer Fact Sheet Patient Version: (5/2022). Retrieved from <https://www.cancer.org/healthy/cancer-facts.html>.
- [4] The American Cancer Society. (2022, July 22). Why You Should Know About Melanoma: (1/2017). Retrieved from <https://www.cancer.org/healthy/cancer-facts.html>.

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Everyone deserves a fair and just opportunity to be as healthy as possible, no matter where people live, work, or learn.