

*Skin Cancer  
&  
Health Equity  
Quick Facts*

**SKIN CANCER  
AWARENESS**

*Quick Facts: Community Cancer Awareness*





## **Protect your skin!**

Skin cancer is the most common type of cancer, but it is also one of the most preventable. <sup>[1]</sup>

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. <sup>[1][2][3]</sup>

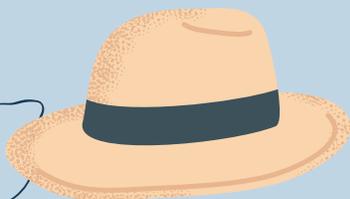
Protecting yourself with sunscreen (UVA and UVB), a hat, and sunglasses is the best way to protect your skin and eyes from the sun. <sup>[1][2]</sup>

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



## Tips to Protect Your Skin and Reduce Risk:<sup>[1][2]</sup>

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:<sup>[1]</sup>

- 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: <sup>[4]</sup>

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. 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:**

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- [2] 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>.
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- [4] 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/>.

*This publication was supported by the Grant or Cooperative Agreement Number, NU58DP006490, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.*



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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.