



Melanoma Facts

Melanoma rates are increasing faster than nearly all other cancers.

Melanoma is a relatively easy disease to prevent.

Most melanomas are easy to stop if caught soon enough — all it takes is a yearly skin exam.

Melanoma kills one person every hour.

Melanoma is the most common cancer among women aged 25-32

As many as 10,000 people a year die from melanoma.

The New England states have a higher than average rate of melanoma

Tanning facts

People who use tanning beds once a month before the age of 35 increase their melanoma risk by 75%.

It is not safe to tan in the sun or in a tanning booth.

The more you tan and the younger you start tanning, the more likely it is that you will get melanoma.

Using a tanning bed for 20 minutes is equivalent to spending one to three hours a day at the beach with no sun protection at all.

Tanning beds put out three to six times the amount of radiation given off by the sun.

For most people, 5-10 minutes of unprotected sun 2-3 times a week is enough to help your skin make Vitamin D, which is essential for your health. Getting more sun won't increase your Vitamin D level, but it will increase your risk of skin cancer. Vitamin D also comes from orange juice, milk, fish, and supplements.