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.

Barclays partners with MSK to offer MSK Direct, a program that provides guided access to expert clinical care as well as practical and emotional support.

Access MSK Direct at mskcc.org/princeton or call the dedicated toll-free phone line for you and your loved ones: 844-303-2123.
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.
- Do not use indoor tanning machines.

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.

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

Your employer has a partnership with MSK through MSK Direct, which offers guided access and personalized cancer support.

To contact MSK Direct, use Princeton’s direct line **844-303-2123** or visit [mskcc.org/Princeton](http://mskcc.org/Princeton).

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