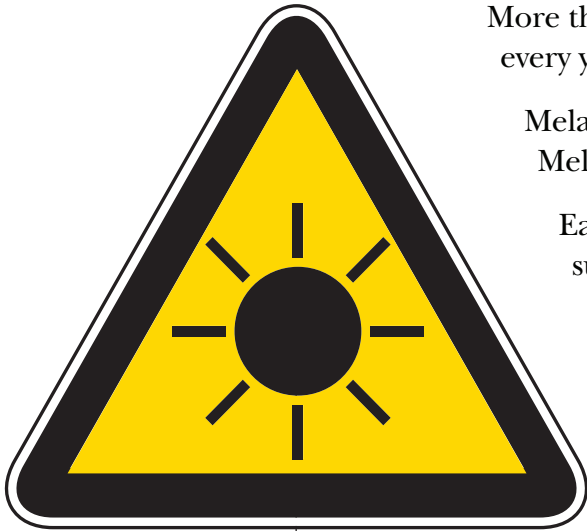


# Learn the facts about skin cancer. It may save your life.



More than 3.5 million skin cancers are diagnosed in the U.S. every year, according to the American Academy of Dermatology.

Melanoma is responsible for 75 percent of skin cancer deaths. Melanoma rates have risen for at least 30 years.

Early detection makes all the difference. The five-year survival rate is 98 percent for people whose melanoma is detected and treated before it spreads to the lymph nodes.

## Oregonians have high skin cancer rates.

Don't let our cloudy skies and wet weather fool you.

Oregon has one of the highest incidence rates for skin cancer in the country, according to the Centers for Disease Control and Prevention. Even during the rainy months, Oregonians should be attentive when it comes to prevention and detection.

## Here's what you can do:

- Seek shade whenever possible.
- Wear protective clothing.
- Apply sunscreen.
- Avoiding tanning beds.
- Practice self-examination.
- Identify early warning signs. To learn more, visit [aad.org/public/spot-skin-cancer](http://aad.org/public/spot-skin-cancer).

Questions or concerns? Contact your medical provider or dermatologist for a screening.

To learn more about melanoma research and support, visit [melanoma.org](http://melanoma.org).

## Do you do regular skin checks?

### Early detection makes all the difference.

Have you noticed a spot or mole that causes questions or concern? Check out tips from the American Academy of Dermatology ([aad.org](http://aad.org)) on identifying warning signs.

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[saif.com/safetyandhealth](http://saif.com/safetyandhealth)