

CDC Vital Signs Preventing Melanoma

This program is presented by the Centers for Disease Control and Prevention.

Skin cancer is the most common form of cancer in the U.S. In 2011, there were more than 65,000 cases of melanoma, the most deadly form of skin cancer. Melanoma can spread to other parts of the body and causes over 9,000 deaths every year. It can be caused by too much exposure to ultraviolet rays from the sun or other sources, such as indoor tanning.

Effective community skin cancer prevention programs could prevent an estimated 21,000 cases of melanoma and save \$250 million dollars each year by 2030. *Everyone* can help prevent skin cancer. You can protect yourself and your children, encourage your community to increase shade in public areas, and help support employers as they protect workers from the sun. There are many low-cost and easy ways to help your entire community be sun-safe.

To learn more about sun safety and skin protection, visit cdc.gov/vitalsigns.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.