facts about: *Skin Cancer*

CDC — CENTERS FOR DISEASE CONTROL AND PREVENTION

EPA

Ohio Department of Health

OHIO

Skin cancer is the most common cancer diagnosed in the United States.[1-5] This fact sheet presents statistics about skin cancer for Ohio and the United States.
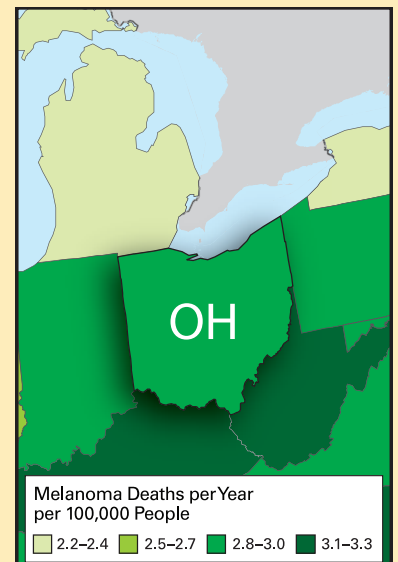
just the facts: *Skin Cancer in Ohio*

- **Sunburns.** A survey conducted in 2004 found that more than 40% of White adults in Ohio had experienced at least one sunburn in the past year.[6] Sunburns are a significant risk factor for the development of skin cancer.[4,7-10]

- **New Cases of Melanoma.** An estimated 2,960 residents of Ohio will be diagnosed with melanoma in 2013.[3] Melanoma is responsible for about 75% of all deaths from skin cancer.[3,11]

  - Union County has the highest rate of new melanoma diagnoses in the state—117% above the national average.[12]

- **Deaths from Melanoma.** About 355 people in Ohio die of melanoma every year.[13]

  - The death rate from melanoma rose by 13% per year among male residents from 2007 to 2009. Melanoma has the fastest growing death rate from cancer among males in Ohio.[13]

[1–41] All references can be found on the SunWise Web site at: www.epa.gov/sunwise/statefacts.html

Annual Rate of New Melanoma Diagnoses, 2005–2009[12]
All Races, Both Sexes, All Ages

Melanoma Diagnoses per Year per 100,000 People
11.3–18.8 | 18.9–26.4 | 26.5–34.0 | 34.1–41.6
Data Not Available
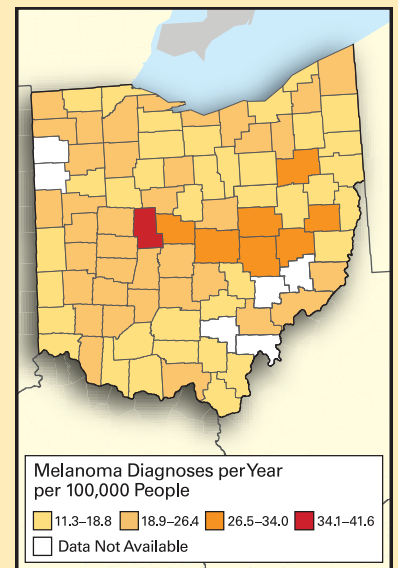
Melanoma Death Rates, 2005–2009[13]
All Races, Both Sexes, All Ages

OH

Melanoma Deaths per Year per 100,000 People
2.2–2.4 | 2.5–2.7 | 2.8–3.0 | 3.1–3.3

survivor story: *Lisa Russell*

My doctor said the bump on my scalp was a cyst that we could remove when it started to bother me. When it grew to the size of a golf ball within 6 months, I suspected it was more serious. After having it removed, I was diagnosed with Stage IV melanoma.

I had three surgeries to remove lymph nodes, a parotid gland, and tumors from my scalp and back, and treatment through a clinical trial in 2006 that led to the disappearance of all metastases. I've been cancer-free since December 2010.

Growing up, I spent a lot of time outdoors and often had sunburns. Now I wear a hat and sunscreen when outside for more than a few minutes. I plan my outdoor activities for early morning or the evening; and if I'm out during midday, I wear long-sleeved shirts and pants. I also use my story to educate my family, friends, co-workers, and community. I tell them: Look closely at your skin, get to know it, and ask a doctor about anything unusual!

Lisa Russell lives in Cincinnati, OH, where she works to raise awareness about skin cancer prevention and detection.
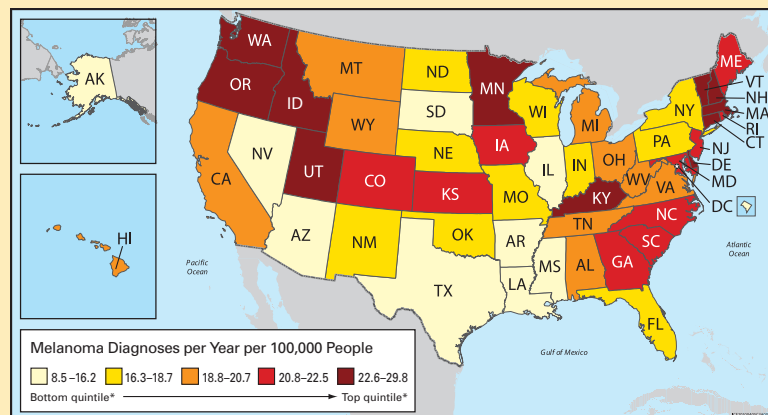
The Cost of Skin Cancer

In the United States, medical costs to treat melanoma skin cancer in 2010 were estimated at almost $2.4 billion. These costs are projected to reach at least $3.2 billion by 2020.[14]

statistics: *Cause for Concern*

- **More than 3.5 million cases of skin cancer are diagnosed each year,[2] making it the most common of all cancers in the United States.[1,3-5]** More people will be diagnosed with skin cancer in 2013 than the number diagnosed with breast, prostate, lung, and colon cancers combined.[3] **Without a reduction in skin cancer incidence rates, about 1 in 5 non-Hispanic Whites will get skin cancer in their lifetime.[15]**

- **One American dies of melanoma every hour.[3]**

- **Melanoma is the most commonly diagnosed cancer and the second leading cause of cancer death for young adults 25–29 years old.[16]**

- **For people born in 2009, 1 in 50 will be diagnosed with melanoma[16]—nearly 30 times the rate for people born in the 1930s.[17]**

National Annual Rate of New Melanoma Diagnoses, 2005–2009[12]
All Races, Both Sexes, All Ages, Age-adjusted Rates

Melanoma Diagnoses per Year per 100,000 People

| 8.5–16.2 | 16.3–18.7 | 18.8–20.7 | 20.8–22.5 | 22.6–29.8 |
Bottom quintile* ———————————————→ Top quintile*

* Please note that delays in reporting melanoma cases to cancer registries are more common since they are usually diagnosed and treated in non-hospital settings such as physician offices. States are grouped into quintiles based on rates of melanoma diagnoses. A quintile is a statistical "block" representing 20% of a total. Because data are available for 50 states and D.C., four quintiles include ten states, and one quintile includes eleven. For example, the eleven states with the highest melanoma rates—22.6 to 29.8 diagnoses per 100,000 residents every year—are in the top quintile.

what works:
An Ounce of Prevention

- **Unprotected exposure to ultraviolet light—a known human carcinogen—is the most preventable risk factor for skin cancer.[7,18-23]** Taking simple steps as early in life as possible can reduce one's risk.[3-5,24,25]

- **Early detection of melanoma can save one's life.[26-32]** Skin examinations may be the best way to detect skin cancer early.[3,33-37]

- The CDC found evidence that **education and policy approaches in primary schools (for children) and in recreational or tourism settings (for adults) can improve sun safety behaviors.[38,39]**

- Student self-reported data[40]—collected as part of the U.S. EPA's SunWise Program—showed that **teachers using the SunWise Tool Kit for 1-2 hours yearly can spur increases in students' sun safety knowledge and attitudes and small to modest improvements in short-term sun safety behaviors.[41]**

  - Using the data mentioned above, published modeling results show SunWise teaching between 1999 and 2015 could prevent more than 50 premature deaths and 11,000 future cases of skin cancer, saving the country more than $30 million in medical costs and productivity losses.[41]

1–41 All references can be found on the SunWise Web site at: www.epa.gov/sunwise/statefacts.html

skin cancer prevention:
Action Steps

- **Do Not Burn.** Overexposure to the sun is the most preventable risk factor for skin cancer.

- **Avoid Sun Tanning and Tanning Beds.** UV light from tanning beds and the sun causes skin cancer and wrinkling.

- **Use Sunscreen.** Generously apply a broad spectrum sunscreen with an SPF of 30 or higher. Reapply at least every two hours, and after swimming or sweating.

- **Cover Up.** Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with 99-100% UVA/UVB protection, when possible.

- **Seek Shade.** Seek shade when the sun's UV rays are most intense between 10 a.m. and 4 p.m.

- **Watch for the UV Index.** Pay attention to the UV Index when planning outdoor activities to prevent overexposure to the sun.