**The scorching truth about SKIN CANCER**

1 in 5 Americans will develop skin cancer in his/her lifetime.

For the average 18-24 year old, 130 Facebook friends will develop skin cancer sometime in their lives.

Only 1 in 3 adults usually use sunscreen.

1 in 3 cancers is a SKIN CANCER.

800% increase in melanoma rates among young women in the last 40 years.

One person dies from MELANOMA, the deadliest form of skin cancer, every hour.

More than 5 sunburns can double a person’s risk for melanoma.

The prevention answer is easy: **PROTECT YOUR SKIN!**

The CDC recommends:

- Seek shade, especially during midday.
- Cover exposed skin and wear a wide-brimmed hat to shade face, head, ears and neck.
- Wear sunglasses that block UVA and UVB rays.
- Use sunscreen with SPF 15 or higher and UVA and UVB protection.
- Avoid indoor tanning.

Social life vs. Healthy life

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