

# Fact or Fiction: Test your knowledge!



## Exams

It is important to examine your skin at least once a month to check for any abnormalities.

**Fact!**

Early detection is key in skin cancer.

Follow the ABCD rule to evaluate moles:

- *Asymmetry*
- *Border*
- *Color*
- *Difference*

and contact your health provider about any abnormalities.



## UV Rays

Unprotected skin can be damaged by the sun's ultraviolet (UV) rays in as little as 15 minutes.

**Fact!**

Sun exposure without protection can increase your risk of skin cancer.

Additionally, indoor tanning devices can emit UV radiation that is 10-15 times higher than direct exposure from the sun.



## Age

Skin cancer only happens in older people.

**Fiction!**

Melanoma, one type of skin cancer, is the most common cancer in people aged 25-29.

Use a sunscreen that is SPF 30 or higher to protect your skin from sun damage - even when it's cloudy!