

## FIREFIGHTER CANCER INITIATIVE

Skin cancer is the most common cancer in the US and fire fighters are diagnosed with melanoma at a rate of 0.7% compared to a rate of 0.01% for the general Florida population.

## What is Melanoma?

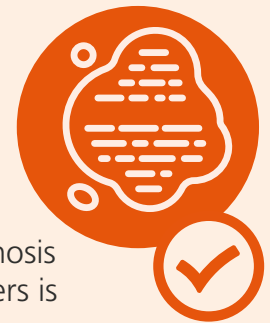
Melanoma is the **most deadly** form of skin cancer.

Melanoma is less common than other skin cancers, but is more likely to spread to other parts of the body. Develops in melanocytes, the deepest layer of epidermal skin cells where melanin is produced. From here, cancer can go into deeper layers of skin and spread.

Most melanoma tumors are brown or black, but can be pink, tan or white.

Differences can be attributed to occupational exposure to carcinogens.

Get  
tested



The median age of diagnosis for firefighters is

**42** years old

**20 years younger** than the median age of diagnosis for the general US population

## Check for Signs using the ABCDE Rule

- A**symmetry of the spot
- B**order is irregular
- C**olor is not the same all over
- D**iameter greater than 6 mm across (about the size of a pencil eraser)
- E**volving; if the spot is changing in size, shape, or color

If any of these apply to you contact your doctor.

## How to prevent skin cancer



**Wear** protective clothing whenever exposed to the sun including pants, hats with brims that cover your face, ears, and neck, and thin long-sleeved shirts

**Wear** a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher which protects against UVA and UVB rays. Sunscreen should be applied to all skin exposed to the sun and reapplied every two hours when outdoors.