



A MINUTE OF HEALTH WITH CDC

Save Your Skin

Melanoma Incidence and Mortality Trends and Projections – United States, 1982-2030

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

Summer is a time for fun, but too much exposure to the sun raises the risk for melanoma. Rates of this deadly form of skin cancer have doubled in recent years. In 2011, there were more than 65,000 cases diagnosed and 9,000 deaths resulting from melanoma. It *can* be prevented by reducing ultraviolet radiation exposure from the sun and from indoor tanning. When outdoors, wear protective clothing, hats and sunglasses, seek shade, and use broad-spectrum sun screen. If you notice any new or unusual growths on your skin, check with your health care provider. Early detection is important for successful treatment.

Thank you for joining us on a Minute of Health with CDC.

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