SKIN CANCER: SHINING LIGHT ON THE FACTS

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.

Skin cancer includes basal cell carcinoma, squamous cell carcinoma, melanoma and other uncommon skin cancers.

IN 2016
9M+
COMMERCIALY INSURED PEOPLE HAD SKIN CANCER

HIGHER SKIN CANCER RATES ON THE EAST COAST*

MORE COMMON IN WOMEN
4.6% $468
3.5% $678

MORE COSTLY IN MEN

ANNUAL TREATMENT COSTS: $5.3 BILLION

MELANOMA – A RELATIVELY RARE, BUT OFTEN DEADLY TYPE OF SKIN CANCER

MELANOMA RATES ARE RISING
2014-2016
7%

BCBS HEALTH INDEX SHOWS
9.5 YEARS OF HEALTHY LIFE LOST

AFTER AGE 55, MELANOMA RATES MORE THAN DOUBLE FOR MEN

LIMIT UV EXPOSURE
Sunlight and tanning beds have ultraviolet (UV) radiation. Both can cause serious long-term skin damage.

SEEK SHADE & COVER UP
Wear a wide-brimmed hat and sunglasses to block UV rays.

USE SUNSCREEN
Use broad spectrum protection with SPF 30+. Reapply at least every 2 hours.

Check your skin and moles monthly with the ABCDE rule:

A
ASYMMETRY
Mismatched sides

B
BORDER
Irregular, or jagged edges

C
COLOR
Inconsistent/ discoloration

D
DIAMETER
Larger than about ¼ inch

E
EVOLVING
Changes in size, shape or color

Contact your doctor immediately if you see any warning signs.

*Results are overall prevalence rates for all types of skin cancer among commercially insured Americans. To view melanoma incidence rates by state, see the CDC website: https://gis.cdc.gov/grasp/USCS/DataViz.html

This BCBS study examines U.S. commercially insured members diagnosed with skin cancer and melanoma from 2014-2016 and uses the breadth and depth of data available through the Blue Cross Blue Shield Health Index. All tips and advice here are recommended by the American Cancer Society, providing an overview of skin cancer prevention and early detection.

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