

# Summer Sun: Pick Six

LIFETIME ODDS OF DEVELOPING MALIGNANT MELANOMA, THE MOST DANGEROUS FORM OF SKIN CANCER

1 in 75 (Source: California Department of Health)

1: One wide-brimmed hat will help protect the head, face, ears and neck against sun exposure and also reduce the likelihood of developing life-threatening heat illness.

11: This year nearly 11,000 Americans will die from skin cancer.

15: Choose a sunscreen product that provides a sun protection factor of at least 15 or preferably higher.

30: People who work or play outdoors should apply sunscreen 30 minutes before stepping into the sun.

44: Forty-four hundred new cases of malignant melanoma will be diagnosed across Canada this year.

100: Wear sunglasses that provide 100 percent protection against UVA and UVB sun rays.