

# The facts about skin cancer

## The facts

New data shows that not all Australians are being SunSmart when outdoors, particularly men. Here's where they're falling short:

- Less than half (49%) of Australian men actively seek shade to protect themselves from the sun during summer, and less than a third (29%) regularly use sunscreen.
- Almost half (47%) of men often or always spend time outside during peak UV hours, and more than half (55%) of all Australians have been sunburnt at least once during the last summer.

## What we know about skin cancer

- Skin cancer is Australia's most common, most costly, and one of the most preventable cancers.
- Australia has the highest rate of skin cancer in the world.
- It is estimated that in 2022, 17,756 melanomas will have been diagnosed in Australia.
- Currently, two in three Australians will be diagnosed with skin cancer in their lifetime.
- Every year, over 2,000 people are expected to die from skin cancer.
- It's estimated that almost twice as many men as women will die from melanoma in 2022 (825 and 456 respectively).
- Over-exposure to UV radiation causes 95% of melanomas, the deadliest form of skin cancer, meaning it's almost entirely preventable.
- Sun protection isn't just needed at the beach or by the pool - you can get sunburnt and skin damage while you play, hang out the washing, walk the dog or enjoy an outdoor BBQ.

## How to prevent skin cancer

- Whenever the UV reaches 3 or above, follow the five simple steps of sun protection - 'Slip, Slop, Slap, Seek and Slide':
  - Slip on protective clothing
  - Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
  - Slap on a broad-brimmed hat
  - Seek shade
  - Slide on sunglasses

Protect yourself in **five ways** from skin cancer



**SLIP**



**SLOP**



**SLAP**



**SEEK**



**SLIDE**

[www.cancer.org.au/go/nscaw](http://www.cancer.org.au/go/nscaw)