

The myths and facts surrounding skin cancer



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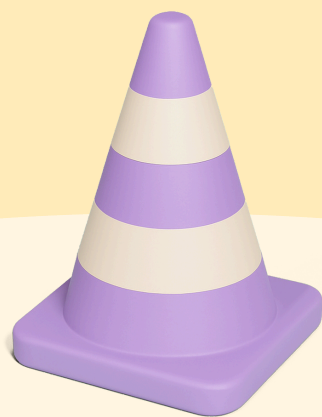
01

Myth

“You’re only at risk for skin cancer if you have fair skin”

Fact

While those with fair skin are more at risk of skin damage, anyone, regardless of skin tone, can get skin cancer.



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Myth

“Sunbeds are a safe alternative to sun exposure”

Fact

Sunbeds can emit UV radiation up to 15 times stronger than the midday sun and are classified as a Group 1 carcinogen. Using a sunbed even once significantly increases the risk of melanoma.



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Myth

“You need sun exposure to make Vitamin D”

Fact

While it's important to get sunlight to help our bodies make Vitamin D, it's essential to stay safe in the sun. You can also get Vitamin D from foods and supplements.



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Myth

“If a mole hasn't changed, it's not cancer”

Fact

Skin spots, whether pre-existing or new, can develop into skin cancer. It is not always a changing mole.



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Myth

“Only people with a family history need to worry about skin cancer”

Fact

Anyone can get skin cancer, regardless of whether a family member has been diagnosed.



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