Adequately applying sunscreen to your own back can be a difficult task. Find a family member or friend who “has your back” when applying sunscreen.

43% of people rarely or never ask someone else to apply sunscreen to their back.*

37% rarely or never apply sunscreen to their back.*

Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing.

In addition, seek shade and wear protective clothing to protect your skin whenever possible.

PREVENTION

It’s been reported that about 16% of melanomas are found by spouses.

Only 36% of people examine their back for signs of skin cancer at least once a year.*

Only 35% of people ask someone else to help them examine hard-to-see areas for signs of skin cancer.*

Check your skin regularly and ask a partner to help check the hard-to-see areas.

When spotted early and treated properly, skin cancer, including melanoma, has a high cure rate.

If you notice anything changing, itching or bleeding on your skin, make an appointment to see a board-certified dermatologist.

DETECTION

THE BACK IS THE MOST COMMON SITE FOR MELANOMA, THE DEADLIEST FORM OF SKIN CANCER.

*Results from a 2015 survey conducted by the American Academy of Dermatology.

The American Academy of Dermatology has your back. To find a free SPOT me® skin cancer screening or a board-certified dermatologist, visit SpotSkinCancer.org.

#whosgotyourback

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