

# SKIN CANCER FACT SHEET 2020<sup>1</sup>

## NON-MELANOMA SKIN CANCER

Non-melanoma skin cancer is the most common form of skin cancer. Among the non-melanoma forms, basal cell carcinoma (BCC) makes up **75% to 80%** of cases, and squamous cell carcinoma (SCC), around **20%**.

BCC and SCC tend to grow slowly and are often found early.

### THE FIVE-YEAR RELATIVE SURVIVAL RATE FOR BASAL CELL CARCINOMA (BCC) IS 100%.

That means five years after diagnosis, Canadians with these non-melanoma skin cancers are just as likely to be alive as the average population. For squamous cell carcinoma (SCC), that rate is **95%**.

## MELANOMA SKIN CANCER

While melanoma is less common than other forms of skin cancer, it is very serious and a potentially deadly form.

Melanoma is now the **7<sup>th</sup>** most common cancer in Canada and one of the few cancers with incidence rates on the rise among Canadians.



MEN have a **1.7%** chance of developing melanoma and a **0.4%** chance of dying of melanoma in their lifetime.



WOMEN have a **1.3%** chance of developing melanoma and a **0.2%** chance of dying of melanoma in their lifetime.

### WHEN FOUND AT AN EARLY STAGE, MELANOMA HAS ONE OF THE HIGHEST CURE RATES OF ALL CANCERS.

Five-year survival rates for melanoma are second only to thyroid cancer, with **91%** survival for females and **84%** for males.

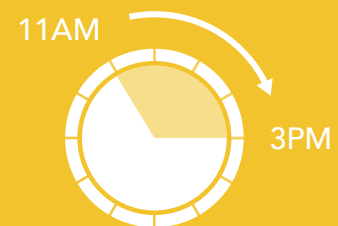


## RISK FACTORS

### BEING IN CONTACT WITH ULTRAVIOLET RADIATION (UVR) IS THE MOST IMPORTANT RISK FACTOR FOR DEVELOPING SKIN CANCER.

The sun is the main source of UVR. Indoor tanning equipment, such as tanning beds and sun lamps, is also a source of UVR.

Further risk factors include **fair skin** (particularly when combined with red hair), **susceptibility to blistering sunburns**, and having **many moles**, particularly ones that are large and/or irregular in shape.



## MINIMIZING THE RISK

The best way to minimize the risk of developing skin cancer is through **limiting exposure to sunlight during peak hours (11-3 o'clock)**, covering exposed skin whenever possible with long sleeves and a wide-brimmed hat, wearing sunglasses and using a broad-spectrum sunscreen with an SPF of 30 or higher.



Visit [dermatology.ca](http://dermatology.ca) for more for more information on the prevention and early detection of skin cancer.

<sup>1</sup> The most up-to-date information for this fact sheet is found in: Canadian Cancer Statistics 2019, and the websites of the Canadian Cancer Society, [www.cancer.ca](http://www.cancer.ca), and the Canadian Dermatology Association, [www.dermatology.ca](http://www.dermatology.ca).