

## The Canadian Dermatology Association and local Vancouver Dermatologists Host Free Public Skin Cancer Screening at the Vancouver Aquatic Centre

VANCOUVER, June 9, 2018 – In recognition of World Skin Health Day, the [Canadian Dermatology Association](#) (CDA) and local Vancouver dermatologists are hosting a free public skin cancer screening clinic. The clinic is being held at the Vancouver Aquatic Centre on Saturday, June 9, from 2 p.m. to 5 p.m., and is a perfect chance to have any suspicious spots examined by a certified dermatologist and learn about prevention and early detection. No appointment is necessary.

All [certified dermatologists](#) and dermatology residents participating are volunteering their time to promote skin health and sun awareness. The screening is a World Skin Health Day event recognized by the International League of Dermatological Societies (ILDS).

“The importance of performing regular skin checks on oneself cannot be overstated,” said Dr. Jason Rivers, Vancouver certified dermatologist. “When a lesion is spotted, a certified dermatologist is best equipped to make an accurate diagnosis. However, people will often avoid getting checked, not realizing that skin cancer is the most common form of cancer in Canada, and that from 1992 to 2013, melanoma diagnoses grew 2% annually for women, and 2.1% for men.”

“More worrisome still is the fact that Canadians born in the 1990s are two to three times more likely to develop skin cancer in their lifetime than Canadians born in the 1960s; that is a one in six chance, versus one in twenty. This is a statistic that goes widely underreported, and sheds a light on the extent of the problem we have here in Canada.”

But there is good news, said Dr. Rivers: “Early detection is often highly successful in instances of skin cancer. But more important than early detection is *prevention*; people should seek shade between 11 a.m. and 3 p.m., the peak hours for ultraviolet radiation. They should also cover exposed skin with clothing made of tightly knit fibres, and wear a hat and sunglasses before heading outdoors. Any skin that remains exposed should be covered with a broad-spectrum sunscreen with an sun protection factor (SPF) of at least 30 to best minimize the risk of skin cancer.”

### Prevention Tips

1. Regularly check your skin. See a certified dermatologist if you have any concerns.
2. Avoid the sun as much as possible between 11 a.m. and 3 p.m. during summer months, or when the UV Index is 3 or higher; seek shade or make shade with an umbrella.
3. Wear close-fitting wraparound sunglasses or eyeglasses with UV-protective lenses all year around. Look for glasses labelled “UV400” or “100% UV protection”.
4. Cover your skin as much as possible with clothing that is appropriate for your activity and the weather.
5. Use a broad-spectrum sunscreen with a minimum 30 sun-protection factor (SPF) and reapply as necessary.
6. Avoid UV tanning equipment and deliberately trying to get a suntan.
7. Top it all off with a wide-brim hat to keep UV rays off the scalp, face, ears, and neck.

## **About the CDA**

The Canadian Dermatology Association, founded in 1925, represents Canadian certified dermatologists. The association provides easy access a reliable source of medical knowledge on dermatology. CDA exists to advance the science and art of medicine and surgery related to the care of the skin, hair and nails; provide continuing professional development for its members; support and advance patient care; provide public education on sun protection and other aspects of skin health; and promote a lifetime of healthier skin, hair and nails. By doing so, CDA informs and empowers both medical professionals and the Canadian public. To learn more about what the work CDA does visit [dermatology.ca](http://dermatology.ca) or join the conversation on [Twitter](#), [Facebook](#) or [Instagram](#).

### **For further information, please contact**

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