

SKIN CANCER FACT SHEET 2021

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) is the most common form of skin cancer, followed by squamous cell carcinoma (SCC).
- BCC and SCC tend to grow slowly and are often found early.

MELANOMA SKIN CANCER

- While melanoma is less common than other forms of skin cancer, it is very serious and a potentially deadly form.
- When found at an early stage, melanoma has one of the highest cure rates of all cancers.
- It was estimated that 8,700 Canadians were diagnosed with melanoma skin cancer in 2021.
- 4,700 MEN will be diagnosed with melanoma skin cancer and 790 will die from it.
- 4,000 WOMEN will be diagnosed with melanoma skin cancer and 450 will die from it.
- The projected age-standardized incidence rate for Melanoma is 26.1 cases per 100,000 people for males and 20.7 cases per 100,000 people for females.

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.