

#SHARETHEFACTS FOR SKIN CANCER AWARENESS MONTH

Let's join together to spread knowledge about one of the most common cancers to help save lives.



Together, all the way.™



May is Skin Cancer Awareness Month, and despite the pandemic keeping many of us separated, we can unite against skin cancer to **#ShareTheFacts** and help save lives.

Skin cancer is the most common cancer worldwide, and rates continue to rise by 2–4% each year. In the US alone, one in every five will develop skin cancer in their lifetime.¹

Fortunately, skin cancer is also one of the **most preventable forms of cancer**. If caught early, your dermatologist can treat skin cancer with little or no scarring and high odds of eliminating it for good.

WHAT CAUSES SKIN CANCER?

There are two types of skin cancer: **melanoma** and **non-melanoma**.

Melanoma is the more severe skin cancer type that begins in the skin's melanocytes, the pigment-producing cells located on the skin's top layer. Non-melanoma can refer to any cancer that forms in the cells of the skin.

More than 90% of skin cancer is caused by excessive exposure to the sun, and if you get sunburned more than five times, you double your risk of developing it.² So as we move into the long summer days, we must protect our skin against the sun's harmful rays.

HOW TO PROTECT YOUR SKIN AGAINST CANCER:

- › **Wear a high-SPF sunscreen whenever you're in the sun.** Look for a sunscreen that blocks both UVA and UVB rays, and that's within its expiration date (never more than three years).
- › **Avoid direct sunlight between 10am and 3pm in the summer.** Seek shade when you can and wear appropriate clothing covering at least your head, neck and shoulders. Also, wear sunglasses to protect your eyes.
- › **Avoid tanning beds.** The risk of cutaneous melanoma increases by 75% if you start using a tanning device before the age of 30.³

So let's join together and **#ShareTheFacts** about skin cancer.

1. British Skin Foundation. Are you at risk of skin cancer? <https://www.britishskinfoundation.org.uk/are-you-at-risk-of-skin-cancer>. Accessed 6 April 2021.
2. British Skin Foundation. British Skin Foundation Skin Cancer Research. <https://www.britishskinfoundation.org.uk/Blog/british-skin-foundation-skin-cancer-research?> Accessed 6 April 2021.
3. The Lancet. A review of human carcinogens. [https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(09\)70213-X/fulltext](https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(09)70213-X/fulltext). Accessed 6 April 2021.



Copyright © Cigna 2021. All rights reserved.

Cigna European Services (UK) Ltd (Financial Services Register No. 788765) is an appointed representative for Cigna Life Insurance Company of Europe S.A.-N.V. UK Branch (Financial Services Register No. 202845) and Cigna Europe Insurance Company S.A.-N.V. UK Branch (Financial Services Register No. 207198) which are authorised and regulated by the National Bank of Belgium. Deemed authorised by the Prudential Regulation Authority. Subject to regulation by the Financial Conduct Authority and limited regulation by the Prudential Regulation Authority. Details of the Temporary Permissions Regime, which allows EEA-based firms to operate in the UK for a limited period while seeking full authorisation, are available on the Financial Conduct Authority's website.

Cigna Europe Insurance Company SA-NV, UK branch, is a foreign branch of Cigna Europe Insurance Company S.A.-N.V. (a company registered in Belgium in the Brussels Trade Registry with limited liability, authorised under licence 2176 and with Registration Number 0474.624.562 and registered address at Plantin en Moretuslei 309, 2140 Antwerp, Belgium), registered in England and Wales with registered number BR017168 and registered address at 13th Floor 5 Aldermanbury Square, London, EC2V 7HR.

Cigna Life Insurance Company of Europe SA-NV, UK branch, is a foreign branch of Cigna Life Insurance Company of Europe S.A.-N.V. (a company registered in Belgium in the Brussels Trade Registry with limited liability, authorised under licence 0938 and with registration number 00421.437.284 and registered address at Plantin en Moretuslei 309, 2140 Antwerp, Belgium), registered in England and Wales with registered number BR000754 and registered address at 13th Floor 5 Aldermanbury Square, London, EC2V 7HR.

Cigna European Services (UK) Limited is a limited company having its registered address at 13th Floor, 5 Aldermanbury Square, London EC2V 7HR and registered number 00199739