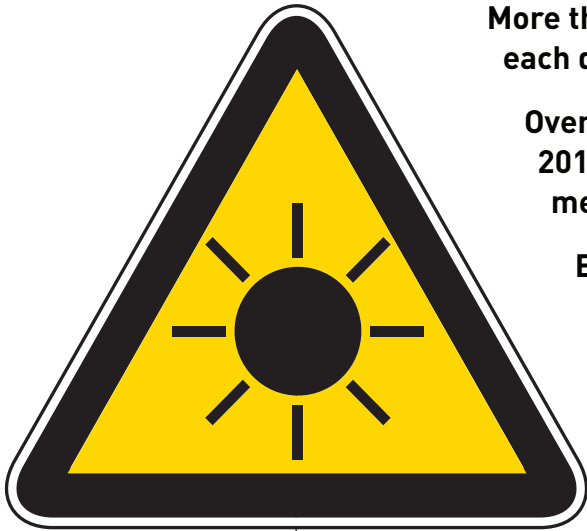


Learn the facts about skin cancer. It may save your life.



More than 9,500 people in the US are diagnosed with skin cancer each day, according to the American Academy of Dermatology.

Overall melanoma death rates have declined between 2014-2019 by nearly 4%. However, nearly 20 Americans die from melanoma every day.

Early detection makes all the difference. The five-year survival rate is 99.6% for people whose melanoma is detected and treated before it spreads to the lymph nodes.

Oregonians have high skin cancer rates.

Don't let our cloudy skies and wet weather fool you. Oregonians spend a lot of time outdoors. But even during the rainy months, Oregonians should be attentive when it comes to prevention and detection.

Here's what you can do:

- Seek shade whenever possible.
- Wear protective clothing.
- Apply sunscreen.
- Avoiding tanning beds.
- Practice self-examination.
- Identify early warning signs. To learn more, visit bit.ly/3Rq3xsM.

Questions or concerns? Contact your medical provider or dermatologist for a screening.

To learn more about melanoma research and support, visit melanoma.org.

Do you do regular skin checks?

Early detection makes all the difference.

Have you noticed a spot or mole that causes questions or concern? Check out tips from the American Academy of Dermatology (aad.org) on identifying warning signs.

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