

# MELANOMA

## Myths & Facts



Melanoma is not “just skin cancer.”  
It is a potentially fatal disease that is largely preventable.

### MYTH:

*“Only older people get skin cancer.”*

**Fact: Skin cancer can affect anyone—at any age.**

Melanoma is the second most common cancer in those 15-29 years old. Early sun exposure—especially blistering sunburns—raises your risk later in life.

**Start prevention early.  
Your future skin will thank you.**

### MYTH:

*“A tan protects me from sunburns.”*

**Fact: There’s no such thing as a safe tan.**

When UV rays hit your skin—from the sun or a tanning bed—they damage your DNA. Your body responds by producing melanin, giving you color—but it’s a sign of skin damage, not protection.

**Tanning = harm. Protect your skin.**

### MYTH:

*“You don’t need sunscreen in winter or on cloudy days.”*

**Fact: UV rays are present year-round, even when it’s cold or overcast.**

You may not feel the sun, but harmful UV radiation still reaches your skin through clouds—and can cause lasting damage.

**Sunscreen is a year-round habit.  
Protect your skin, every day.**

### MYTH:

*“Indoor tanning is safe.”*

**Fact: Tanning beds are equally or more dangerous than the sun’s rays.**

Indoor tanning causes skin cancer—including melanoma—and using tanning beds before age 20 increases melanoma risk by 47%.

**Know your risks. Care for your skin.**

### MYTH:

*“I need sun exposure to get vitamin D.”*

**Fact: You don’t need to bake in the sun to stay healthy.**

Vitamin D is important—but we don’t need prolonged sun exposure to get it. We can get it from our diet, vitamins, and incidental sun exposure while avoiding the skin cancer risk.

**Protect your skin. Get your D safely.**

### MYTH:

*“People with dark skin don’t get sun damage or skin cancer.”*

**Fact: While darker skin has more natural protection, it is not immune to UV damage or skin cancer.**

People with dark skin can still develop skin cancer. Cases are often diagnosed later, making them more dangerous and harder to treat.

**Everyone needs sun protection.**

