

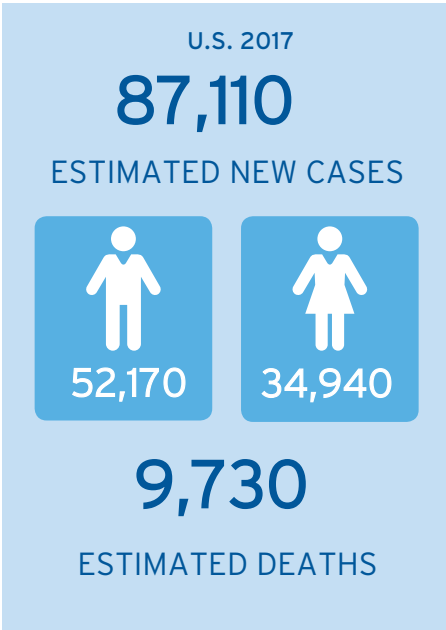


IMPACT-M

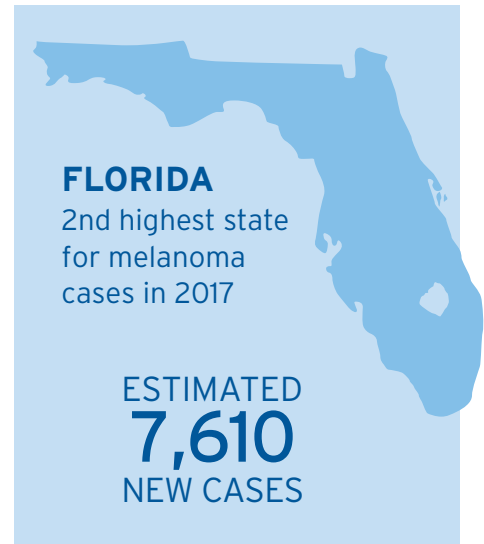
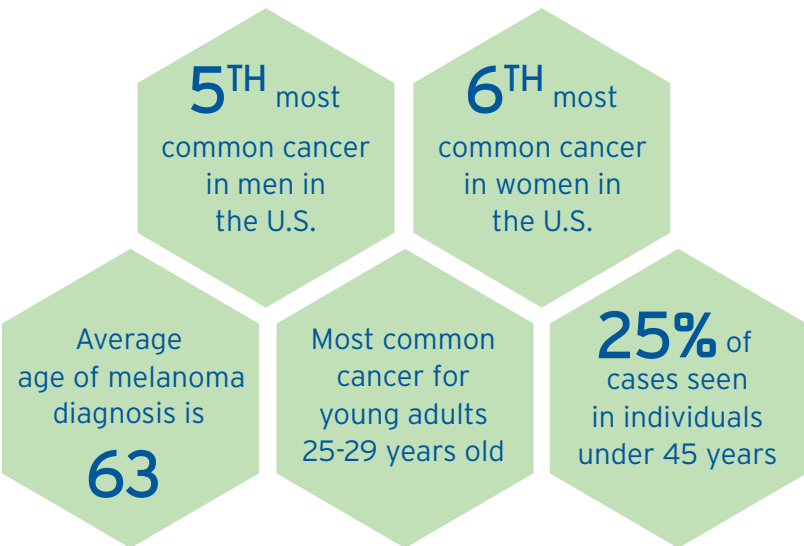
INCREASING MY PROTECTION AGAINST CANCER TODAY – MELANOMA

WHAT IS MELANOMA?

- The most serious form of skin cancer that causes a large majority of skin cancer deaths.
- Begins in the cells that produce our skin color.
- Accounts for 5% of all cancer cases.
- Accounts for about 1% of skin cancer cases.



Caucasian-Americans are **20** times more likely to develop melanoma than African-Americans worldwide.



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1-813-745-6986 • ImpactMe@moffitt.org

*Facts from the American Cancer Society

Be Sun SmartSM: Protect Yourself from the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

Here's how to **Be Sun SmartSM**:

- **Generously apply a broad-spectrum water-resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. Broad-spectrum provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Use extra caution near water, snow, and sand** as they reflect the damaging rays of the sun which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.
- **Check your birthday suit monthly.** If you notice anything changing, growing, or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.



American Academy of Dermatology
1-888-462-DERM (3376)
www.aad.org



Physicians Dedicated to
Excellence in Dermatology™

Be Sun SmartSM



Slather on sunscreen



Wear hats &
sunglasses



Wear long sleeve
shirts & pants



Seek shade

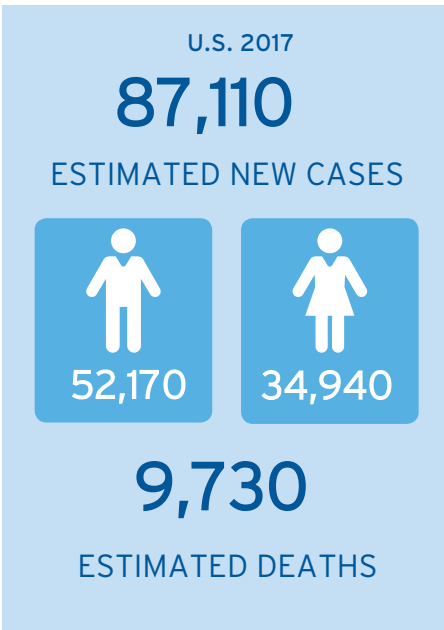


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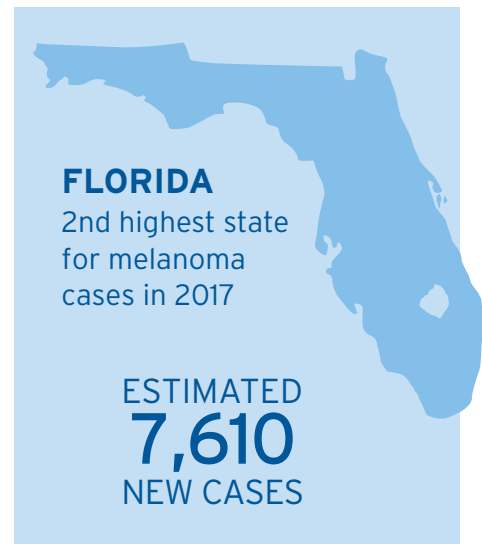
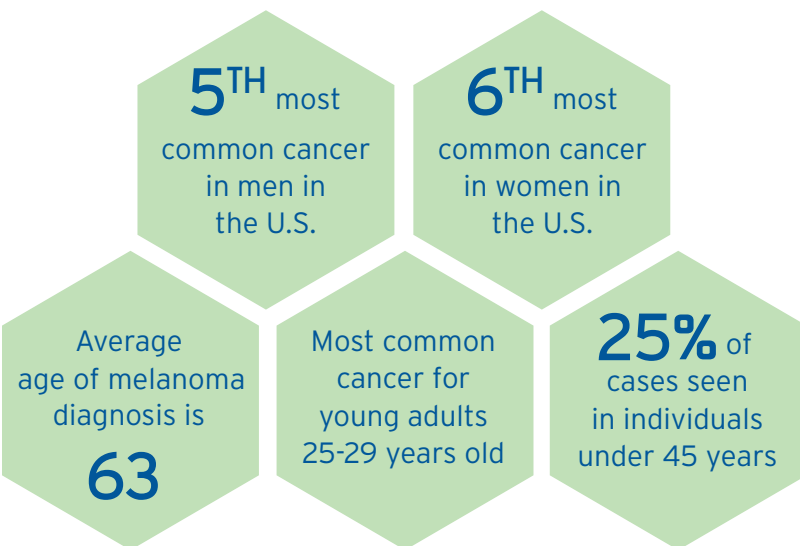
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MY RESULT AND WHAT IT MEANS

AN OVERVIEW OF YOUR RESULT:

Look inside for more information about what your result means.

This report will tell you whether you have versions of a gene that raise your chance of getting melanoma skin cancer.

What is a Genetic RISK Version?

- Our genes can have more than just one version.
- A risk version of a gene can raise your chance of getting melanoma skin cancer.

Understanding Your Test Result

1. Having risk versions of a melanoma skin cancer gene means that you are more likely to get melanoma than people who do not have risk versions.
2. Having risk versions **does not mean** that you will certainly get melanoma skin cancer.
3. You can still get melanoma skin cancer even if you do not have a risk version gene.
4. You still have a chance of getting melanoma skin cancer due to family and personal history, living and working environment, other genes, and other risk factors.

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Your Result

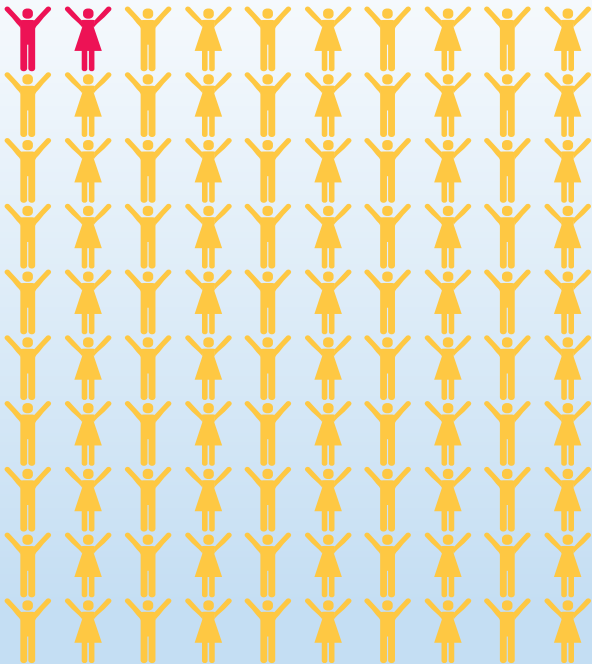
We tested you for risk versions of a gene –**MC1R**– that raises your chance of getting melanoma skin cancer.

What does **MC1R** do?

- **MC1R** is the gene that is in charge of skin color and has many versions.
- Certain versions of the **MC1R** put individuals at higher risk of melanoma skin cancer regardless of physical features.
- The majority of white adults in the U.S. have at least one risk version of **MC1R**.

You have only low risk or no risk versions, so you have **AN AVERAGE RISK** of getting melanoma skin cancer.

People **LIKE YOU** are at **AVERAGE RISK** for getting melanoma skin cancer.



People like you who **do not have** a risk version or have only a low risk version have a **2 in 100** chance of getting melanoma skin cancer.

Out of 100 people at average risk for skin cancer, **TWO** (shown in red) would be expected to develop melanoma skin cancer.

Although melanoma skin cancer often occurs in individuals with light hair and fair skin, persons with darker complexions (dark hair and skin) or skin that tans well **CAN** get melanoma.

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INCREASING MY PROTECTION AGAINST CANCER TODAY – MELANOMA

There's More To It Than Genes YOU CAN LOWER YOUR RISK

YOUR CHANCE OF DEVELOPING MELANOMA SKIN CANCER IS ALSO AFFECTED BY:

- Your family and personal history of health conditions.
- Your physical traits (skin complexion, freckling, hair color, moles).
- Your activities or habits that increase Ultraviolet (UV) light exposure, such as indoor tanning and your time in the sun.
- The environment you live and work in, which might have more or less sun exposure.
- Other genes (gene versions) you were not tested for.

Protect yourself in **5** ways from skin cancer



WEAR
SLEEVES



APPLY
SUNSCREEN



SEEK
SHADE



WEAR
A HAT



WEAR
SUNGLASSES

- **Limit** sun exposure between 10 a.m. and 4 p.m.
- **Avoid** tanning beds, tanning booths, and sunlamps.
- Use a broad spectrum (UVA/UVB) **sunscreen** with a minimum SPF of 15. Reapply every 2 hours and after swimming or sweating.
- When outside, wear sun protective **clothing** such as long sleeved shirts, long pants, a wide-brimmed hat, and UV-blocking **sunglasses**.
- Seek **shade** under umbrellas, trees, and coverings.
- Get **vitamin D** safely through a healthy diet; don't seek the sun!
- **Examine** your skin monthly.
- See your **doctor** for a yearly check-up.

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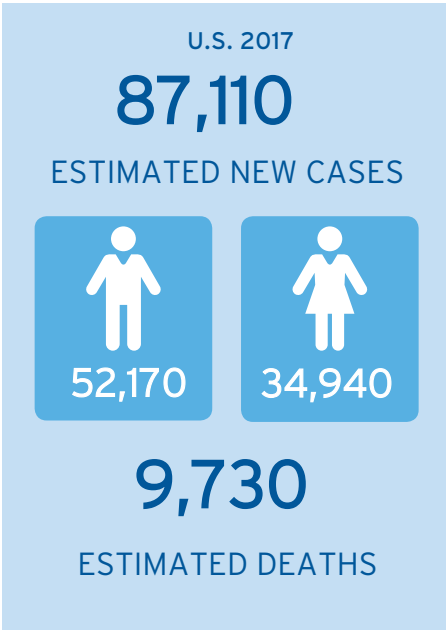


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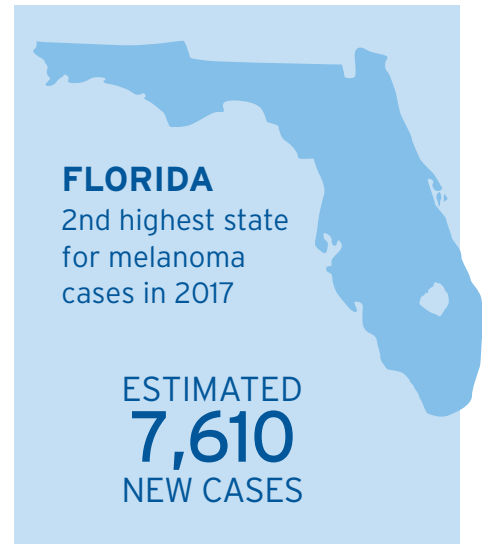
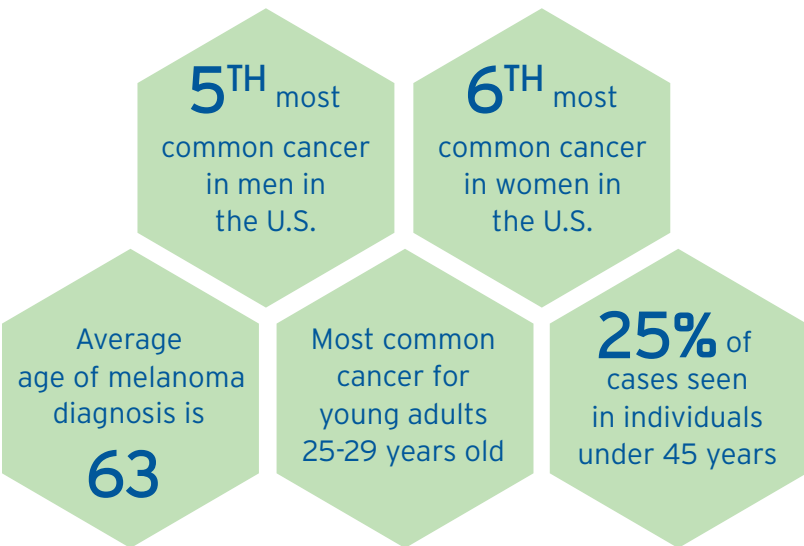
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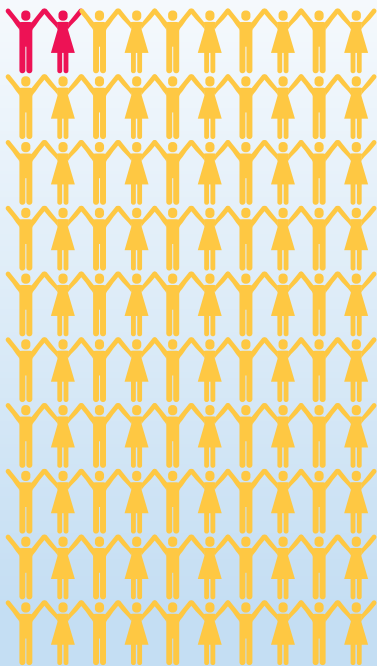
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You have one or more high risk versions, so you have

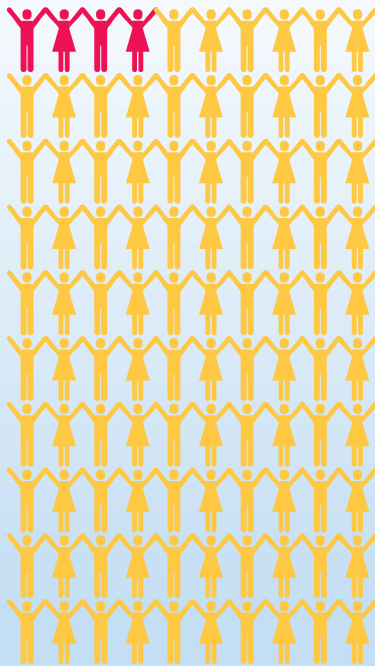
A HIGHER RISK

of getting melanoma skin cancer.

People at average risk for getting melanoma skin cancer



People **LIKE YOU** who have **HIGHER RISK** for getting melanoma skin cancer



*People like you who have a risk version have a **4 in 100** chance of getting melanoma skin cancer.*

Out of 100 people at higher risk for skin cancer, **FOUR** (shown in red) would be expected to develop melanoma skin cancer.

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