

facts about: *Skin Cancer*IDAHO DEPARTMENT OF
HEALTH & WELFARE

IDAHO

Skin cancer is the most common cancer diagnosed in the United States.¹⁻⁴ This fact sheet presents statistics about skin cancer for Idaho and the United States as a whole.

skin cancer: *Increasing Risk in Idaho*

- **Sunburns.** A 2004 survey found that 48.5% of white adults in Idaho had at least one sunburn in the past year.⁵ Sunburns are a significant risk factor for the development of skin cancer.⁶⁻⁸
- **New Cases of Melanoma.** The annual rate of new melanoma diagnoses—responsible for 75% of all skin cancer deaths—was 34% higher in Idaho than the national average and was the 7th highest in the U.S. from 2001-2005.^{10,11} An estimated 360 state residents were diagnosed with melanoma in 2008.²
 - Among whites—who are at the highest risk for melanoma—Idaho had the 11th highest melanoma incidence rate in the U.S. from 2001-2005.¹²
 - New diagnoses of melanoma increased at a rate of about 3.6% per year in Idaho from 1975 to 2006.⁹ The rate of increase was higher for males (4.2% per year) than for females (2.8% per year).⁹
- **Deaths from Melanoma.** Idaho had the highest melanoma death rate nationally from 2001-2005—26% higher than the U.S. average.¹³ About 40 people in the state die of melanoma every year.¹⁴

1-42 All references can be found on the SunWise Web site at: www.epa.gov/sunwise/statefacts.html

survivor story: *Carol Julius*



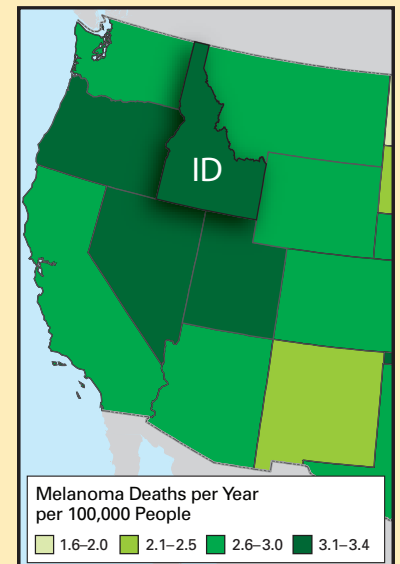
"You ought to get that checked out...it looks funny." Despite my friend's concern, I waited an entire year to have the spot on my ankle checked by a doctor—what a mistake! I was shocked to hear I had melanoma. By the time it was diagnosed, it had spread from my ankle to my upper thigh. It took three surgeries to remove the cancer from my body. Meanwhile, I dealt with fatigue and body aches for a year as I went through interferon therapy. Therapy and surgery aren't a "cure all for sure," but I've been in remission for 3 years now!

I knew skin cancer ran in my family—I'm of Swedish descent, so my fair skin puts me at a higher risk—but I never thought that it would happen to me.

Having melanoma changed my perspective on life and sun protection. I try to worry less and enjoy moments more, and I can't help but spoil my grandkids. I still love to spend time outdoors, but now I always wear sunscreen and a long-sleeved shirt, pants, and a hat, even on cloudy days. I also follow up with my dermatologist regularly. And I never miss an opportunity to remind my family and friends to cover up and use sunscreen.

Carol Julius, a Boise, Idaho resident, was 50 years old when she was diagnosed with Stage IIIA melanoma.

Melanoma Death Rates, 2001-2005¹⁴ All Races, Both Sexes, All Ages



Annual Rate of New Melanoma Diagnoses, 2001-2005¹⁰ All Races, Both Sexes, All Ages

