



CheckYourSkin.net™

For each question write a T for True or an F for False.

1. ____ There are 3 layers of skin: the DERMIS, the EPIDERMIS, and the SUBCUTANEOUS FAT.
2. ____ The 3 types of skin cancer are SQUAMOUS, BASAL, and LUNG.
3. ____ Melanoma is the most deadly type of skin cancer.
4. ____ Occasional tanning increases the risk of melanoma by 300 %.
5. ____ UV Rays in tanning beds may be up to 3 times stronger than the sun.
6. ____ 25 % of visible skin change with aging is due to the sun.
7. ____ Asymmetry in a mole is one of the signs of melanoma.
8. ____ SPF stands for Squamous Protection Factor.
9. ____ Staying in the shade is a good way to prevent damage to your skin by the sun.
10. ____ Melanoma is the second most common cancer in women age 20-29.
11. ____ Sunscreen should be applied only once a day.
12. ____ The sun's rays are not harmful to skin if it is cool or cloudy outside.
13. ____ If a person does not normally sunburn, he or she does not need to wear sunscreen.
14. ____ One ounce, enough to fill a shot glass, is the optimal amount of sunscreen needed to cover exposed areas of the body properly.
15. ____ Most damage from the sun happens during childhood, even though it isn't visible until later.