



City of Prince George  
1100 Patricia Blvd.  
Prince George, BC  
V2L 3V9

Dear Mayor Hall and Council,

Save Your Skin Foundation would like to commend your efforts in disseminating awareness and prevention information regarding sun safety and skin cancers through your proclamation of May 2021 as Melanoma and Skin Cancer Awareness Month in the City of Prince George.

Over-exposure to UV radiation is one of the major causes of melanoma and non-melanoma skin cancers. Though skin cancers should be largely preventable, their diagnosis rates are increasing. In 2020, over 80,000 Canadians were diagnosed with skin cancer. Last year, over 1,300 lost their lives to melanoma.<sup>1</sup> While most forms of non-melanoma skin cancer can be surgically removed, melanoma is an aggressive form of cancer. The five-year relative survival rate of melanoma that has metastasized is 18% and 88% for melanoma that does not spread. Despite these figures, many people seek sun without taking the advisable precautionary measures, or believe that only severe burns contribute to one's risk of skin cancer. In fact, any darkening of skin colour, including a tan, is indicative of UV damage.

By proclaiming May as Melanoma Awareness Month, you are increasing the likelihood that your citizens will take precautionary measures against UV damage, or conduct their own research into how to prevent skin cancer, both of which contribute towards the reduction of skin cancer diagnoses. We hope you will consider reissuing this proclamation in May 2022, and in years to come, to continue fighting against melanoma and non-melanoma skin cancers.

Best,

Kathleen Barnard, Founder and President  
Save Your Skin Foundation

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<sup>1</sup> Canadian Cancer Society. *Cancer-specific stats 2020: Snapshot of incidence, mortality and survival estimates by cancer type*. Available at: [https://www.cancer.ca/~media/cancer.ca/CW/cancer%20information/cancer%20101/Canadian%20cancer%20statistics%20supplementary%20information/2020/2020\\_cancer-specific-stats.pdf?la=en](https://www.cancer.ca/~media/cancer.ca/CW/cancer%20information/cancer%20101/Canadian%20cancer%20statistics%20supplementary%20information/2020/2020_cancer-specific-stats.pdf?la=en)



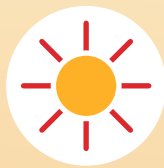
# Sun Safety Awareness Resources

Thank you again for promoting sun safety and early detection of skin cancer in your community by proclaiming **'Melanoma Awareness Month'**.

For your convenience, we have listed below some resources that you can share with your population.

## Online Resources

The following resources can be added directly to your website:



**UV Ratings:** This is a link to the current UV rating in your municipality



**UV Index Guide:** This diagram explains the UV rating system and what precautions to take



**Prevention Resources:** This web page is full of information on sun safety and skin cancer prevention



**Be Sun Smart Myths and Facts Infographic:** This fun infographic debunks sun safety myths

## Printed Resources

We would be happy to mail you any of the below resources. To make a request, email [natalie@saveyourskin.ca](mailto:natalie@saveyourskin.ca)



**Eye Glass Cloths:** These eye glass cloths will remind you to be sun safe every time you clean your glasses



**Brochures:** Our brochures are packed with information about skin cancers and patient support



**Skin Exam Post Card:** These postcards describe what to look for when doing a skin exam



**For more information, contact us:**



SaveYourSkin.ca | [info@saveyourskin.ca](mailto:info@saveyourskin.ca) | 1-800-460-5832