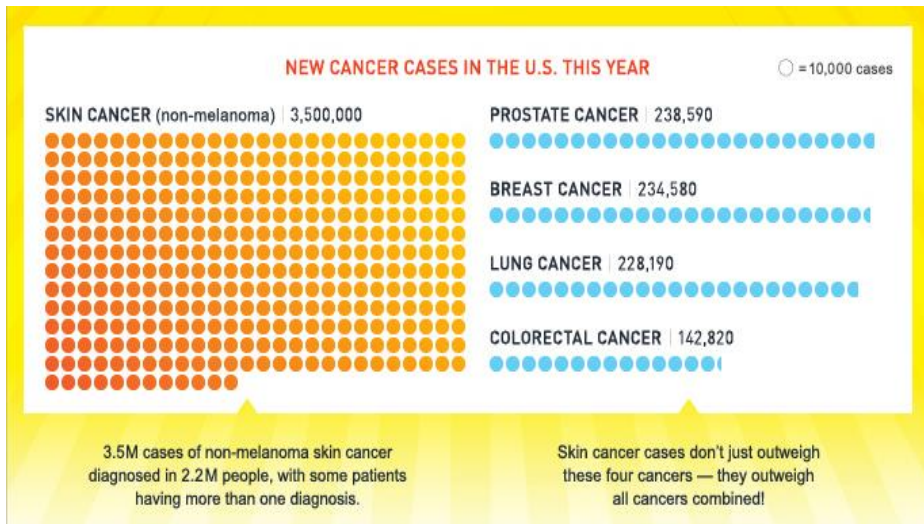


Let's Get Healthy! visited Self Enhancement, Inc. on December 5th, 2013 and collected research data from 278 SEI students and community members. 31 students completed the cancer risk survey and their results are shown below.

Skin cancer is the **MOST COMMON** of all cancer types



Anyone can get skin cancer. Skin cancer risk is influenced by your genetics, skin type and your protection behaviors.

If you have a sensitive skin type (Fitzpatrick Type 1-3), you need to be especially cautious!

Individuals with darker skin (Fitzpatrick Types 4-6) are still at risk! People of color are often diagnosed later, which means the cancer can become more advanced and potentially fatal.

Regular skin checks are important for everyone!

Most skin cancers are curable if caught and treated in a timely manner.

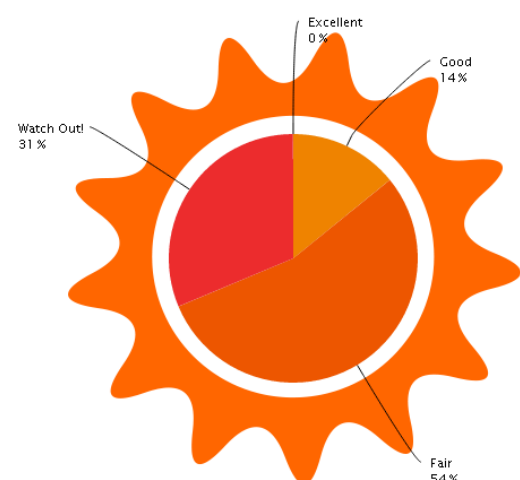
Did you know? Legendary reggae musician Bob Marley dismissed a spot under his toenail as a soccer injury, but it turned out to be an aggressive form of melanoma that ultimately caused his death at 36.



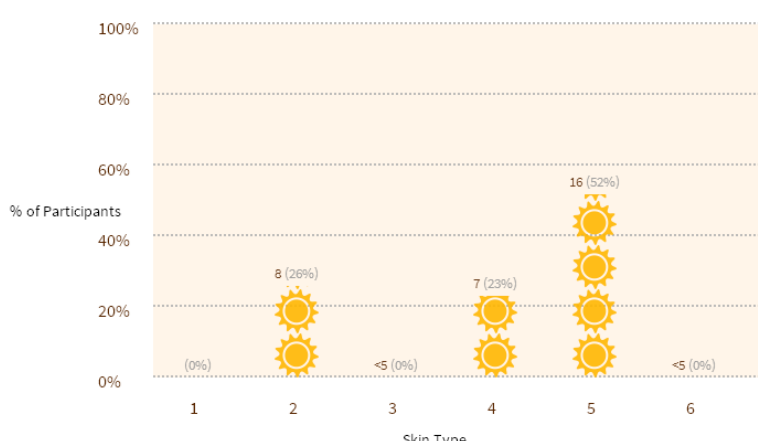
Skin type chart

NATURAL SKIN COLOUR	Very fair, pale white, often freckled	Fair white skin	Light brown	Moderate brown	Dark brown	Deeply pigmented dark brown to black
UV SENSITIVITY & TENDENCY TO BURN	Highly sensitive Always burns, never tans	Very sensitive Burns easily, tans minimally	Sensitive Burns moderately, usually tans	Less sensitive Burns minimally, tans well	Minimal sensitivity Rarely burns	Minimal sensitivity Never burns
SKIN CANCER RISK	Greatest risk of skin cancer	High risk of skin cancer	High risk of skin cancer	At risk of skin cancer	Skin cancers are relatively rare, but those that occur are often detected at later, more dangerous stage. Increased risk of low vitamin D levels.	Skin cancers are relatively rare, but those that occur are often detected at later, more dangerous stage. Increased risk of low vitamin D levels.

SUN SAFETY SCORES



FITZPATRICK SKIN TYPES OF SEI COMMUNITY



Just 14% of the SEI participants who completed the survey had “excellent” or “good” sun safety behaviors!

In the last year, 87% of SEI students went to a doctor's office for a checkup

