

Skin Cancer Quiz

- 1) During 2007, approximately how many people in the United States are expected to get skin cancer?
 - A. 500,000
 - B. 800,000
 - C. 1,300,000
 - D. 2,000,000

- 2) Skin cancer is considered an epidemic by leading health officials.
 - A. True
 - B. False

- 3) One out of every ___ Americans is expected to eventually get skin cancer.
 - A. 3
 - B. 5
 - C. 7
 - D. 10

- 4) How many people are expected to die from melanoma in the U.S. during 2007?
 - A. Between 3,500 to 4,000
 - B. Between 8,000 to 8,500
 - C. Between 12,500 to 13,000
 - D. Over 1,000,000

- 5) From 1973 to 1994, the national melanoma rate increased by?
 - A. 10%
 - B. 46%
 - C. 83%
 - D. Over 100%

- 6) Which statement most comprehensively explains why skin cancer rates are increasing?
 - A. Thinning of the stratospheric ozone layer
 - B. Increase in leisure time devoted to outdoor activities
 - C. Decrease in coverage provided by modern clothing
 - D. National population migration to sunnier states
 - E. General aging of the population
 - F. All of the above

- 7) How many major forms of skin cancer are there?
- A. 2
 - B. 3
 - C. 4
 - D. 6
- 8) Everyone, regardless of skin color, can get skin cancer.
- A. True
 - B. False
- 9) Blistering sunburns in childhood can greatly increase the risk of future skin cancer.
- A. True
 - B. False
- 10) What is the most lethal form of skin cancer?
- A. Basal cell carcinoma
 - B. Malignant melanoma
 - C. Squamous cell carcinoma
- 11) During which decade of life is human skin most vulnerable to ultraviolet (UV) rays?
- A. 1st
 - B. 2nd
 - C. 3rd
 - D. 7th
- 12) White, puffy clouds block most of the UV rays that come from the sun.
- A. True
 - B. False
- 13) Clean white snow reflects about what percentage of UV rays that emanate from the sun?
- A. 20%
 - B. 50%
 - C. 80%
 - D. 99%
- 14) Tanning beds can provide a tan without damaging the skin.
- A. True
 - B. False

- 15) Sunlight can cause the skin to prematurely wrinkle.
- A. True
 - B. False
- 16) Unprotected exposure to sunlight can eventually cause cataracts.
- A. True
 - B. False
- 17) Melanoma can develop between the toes.
- A. True
 - B. False
- 18) Which single strategy offers the best protection against skin cancer?
- A. Use of sunscreen
 - B. Wearing a large, wide-brimmed hat
 - C. Working or playing in the shade
 - D. Avoiding contact with sunlight (staying indoors) from 10 a.m. to 4 p.m.
- 19) Consistent use of sunscreen will completely protect a person from getting skin cancer.
- A. True
 - B. False
- 20) On a sunscreen container, what does “SPF” stand for?
- A. Sun protection factor
 - B. Solar performance formula
 - C. Safety premium factor
 - D. State purified formula
- 21) Which “SPF” number on a sunscreen container represents the highest level of UV protection?
- A. 4
 - B. 10
 - C. 15
 - D. 30
- 22) Which color of cloth blocks the greatest proportion of UV rays?
- A. White
 - B. Grey
 - C. Green
 - D. Black

- 23) All dark glasses effectively block most or all UV rays.
- A. True
 - B. False
- 24) An individual should check with a dermatologist if he or she has one or more moles that exhibit this/these characteristic(s):
- A. The size is greater than a standard-sized pencil eraser
 - B. It changes in size, color, shape, or elevation
 - C. It is non-symmetrical
 - D. It has jagged or notched edges
 - E. It bleeds
 - F. All of the above
- 25) On average, members from which general population group are least likely to get skin cancer?
- A. Caucasians
 - B. Asians
 - C. African Americans
 - D. Latinos
- 26) Eating a high-fat diet can increase one's risk for skin cancer.
- A. True
 - B. False
- 27) California public schools must, by law, allow students to wear a sun-protective hat when students are outside on campus.
- A. True
 - B. False

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