

# QUIZ Understanding Skin Cancer

**Circle ALL correct answers for each question.**

- How many people in the United States are expected to get skin cancer this year?**
  - one hundred thousand
  - four hundred thousand
  - over one million
  - four million
- More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.**
  - true
  - false
- Currently, how many people in the United States are expected to get skin cancer in their lifetime?**
  - three out of every ten
  - two out of every five
  - one out of every five
  - one out of every two
- Everyone, regardless of skin color, can get skin cancer.**
  - true
  - false
- Skin cancer rates are rising because of what factors?**
  - people use too much sunscreen
  - modern clothing exposes more skin
  - the ozone layer in the stratosphere is thinning
  - the world climate is getting warmer
- There are how many major types of skin cancer?**
  - one
  - three
  - four
  - ten
- The most dangerous skin cancer is called?**
  - melanoma
  - lupis
  - basal cell carcinoma
  - ricketts
- Which combination of personal characteristics would give a person the greatest risk for skin cancer?**
  - brown eyes, dark skin, black hair
  - blue eyes, light skin, has many moles
  - green eyes, dark hair, no moles
  - brown skin, brown hair, has many moles
- Getting a tan will help your skin remain smooth and healthy.**
  - true
  - false
- What are some recommended ways to prevent skin cancer?**
  - apply mineral oil to your skin
  - seek shade when outdoors
  - apply broad-spectrum sunscreen with a SPF of 30 or higher to exposed skin
  - sunbathe regularly
  - wear a wide-brimmed hat and long clothing
  - avoid getting sunburned
- During which time frame is it best to reduce contact with sunlight?**
  - 1 p.m. to 5 p.m.
  - 10 a.m. to noon
  - 2 p.m. to 4 p.m.
  - 10 a.m. to 4 p.m.
- Consistent use of sunscreen will completely protect a person from skin cancer.**
  - true
  - false
- Tanning salons can provide a UV-induced tan without damaging your skin.**
  - true
  - false
- How often should you perform a self skin examination with a hand mirror to check for moles and other possible signs of skin cancer?**
  - every day
  - every week
  - every one to three months
  - every six months

# Quiz Answer Key

- 1. How many people in the United States are expected to get skin cancer this year?**  
C. over one million
- 2. More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.**  
A. true
- 3. Currently, how many people in the United States are expected to get skin cancer in their lifetime?**  
C. one out of every five
- 4. Everyone, regardless of skin color, can get skin cancer.**  
A. true
- 5. Skin cancer rates are rising because of what factors?**  
B. modern clothing exposes more skin  
C. the ozone layer in the stratosphere is thinning
- 6. There are how many major types of skin cancer?**  
B. three
- 7. The most dangerous skin cancer is called?**  
A. melanoma
- 8. Which combination of personal characteristics would give a person the greatest risk for skin cancer?**  
B. blue eyes, light skin, has many moles
- 9. Getting a tan will help your skin remain smooth and healthy.**  
B. false
- 10. What are some recommended ways to prevent skin cancer?**  
B. seek shade when outdoors  
C. apply broad-spectrum sunscreen with a SPF of 30 or higher to exposed skin  
E. wear a wide-brimmed hat and long clothing  
F. avoid getting sunburned
- 11. During which time frame is it best to reduce contact with sunlight?**  
D. 10 a.m. to 4 p.m.
- 12. Consistent use of sunscreen will completely protect a person from skin cancer.**  
B. false
- 13. Tanning salons can provide a UV-induced tan without damaging your skin.**  
B. false
- 14. How often should you perform a self skin examination with a hand mirror to check for moles and other possible signs of skin cancer?**  
C. every one to three months