RESOLUTION

Subject: Increasing Skin Cancer Prevention Through SPF 30+ UVA/UVB Utilization

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Referred to: Reference Committee

WHEREAS, skin cancer is the most commonly diagnosed cancer in the United States[1]; and

WHEREAS, there are an estimated 97,610 new cases of invasive and 89,070 cases of in situ melanoma to be diagnosed in the US and estimated 7,990 deaths from the disease in 2023[1]; and

WHEREAS, annual skin cancer treatment costs are estimated at $8.1 billion[2]; and

WHEREAS, Kentucky is written in literature as the one of the states with the highest disability adjusted life years and mortality rates from melanoma[3,4]; and

WHEREAS, from 2016 to 2020, Kentucky was in the top 10 states with incidence rates of melanoma[5,6]; and

WHEREAS, between the years of 2000 and 2019, Kentucky melanoma incidences have steadily increased[5]; and

WHEREAS, there will be an estimated 1,490 cases of melanoma of the skin in Kentucky in 2023[4-6]; and

WHEREAS, the majority of melanoma, and other skin cancers are attributable to UV exposure, which is a preventable risk factor [2,7-9]; and

WHEREAS, regular sunscreen use may reduce risk of melanoma by reflecting, absorbing, or scattering UV light[10-12]; and

WHEREAS, the American Academy of Dermatology Association, encourages patients to participate in regular skin self-exams especially if they have a strong personal or family history of skin cancer[2]; and

WHEREAS, the American Academy of Dermatology Association, reports that SPF15 is most likely insufficient for fair-skinned individuals[7]; and

WHEREAS, current evidence suggests individuals do not apply sunscreen to all sun exposed areas adequately[13]; now, therefore, be it

RESOLVED, that KMA encourages physicians to educate patients on how to conduct self-skin checks; and be it further

RESOLVED, that KMA encourages patients utilize waterproof, broad spectrum (UVA/UVB) sunscreen, with an SPF minimum of 30 on sun exposed areas; and be it further

RESOLVED, that KMA encourages patients wear long sleeves, pants, and hats with a wide brim to reduce sun exposure along with not using tanning beds; and be it further

RESOLVED, that KMA supports and encourages increased full body skin examinations and screening during primary care visits and free health screening events; and be it further

RESOLVED, that KMA supports and advocates for programs that provide free sunscreen that are SPF minimum of 30, waterproof, and broad spectrum (UVA/UVB) coverage directly to physicians to distribute to patients.

References:

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