

PREVENT Skin Cancer: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

Here's how to protect yourself from the sun:

- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. Broad-spectrum provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Use extra caution near water, snow, and sand** as they reflect the damaging rays of the sun which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.



PREVENT.



DETECT.



LIVE.



If you find any spots on your skin that are different from others or are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit **SpotSkinCancer.org**



These prevention and detection messages are brought to you by the American Academy of Dermatology's SPOT Skin Cancer™ campaign, dedicated to a world without skin cancer.

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Athletes and Skin Cancer



Athletes spend many hours in the mid-day sun, which is a major risk factor for all skin cancers, including the most serious, melanoma. Whether on the slopes, in the water, on the track, or on the field, outdoor athletes receive more ultraviolet radiation (UV) exposure than the general public for many reasons, including:

- Intense practice and competition schedules spent outside in the sun.
- Sweating may also contribute to UV-related skin damage because it increases an athlete's photosensitivity of the skin, leading to the risk of sunburns.
- Sunscreen comes off when you sweat or get wet in the water. Remember to reapply!
- UV radiation reflects off most training grounds of athletes, including water, sand, concrete, light-colored surfaces and snow. Even when wearing a hat, UV radiation will reflect off the playing surface and can damage the skin.
- Winter and alpine athletes receive even more sun exposure not only due to the reflection from snow and ice covered surfaces, but also because harmful rays are less able to be absorbed by the atmosphere due to the higher altitude.
- Weakening of the skin's immune system is another factor that may affect athletes. Very intense athletic training, such as preparation for marathons, has been reported to temporarily impair the immune function. This impaired immune function may be associated with an increased risk of some types of skin cancer, including melanoma.

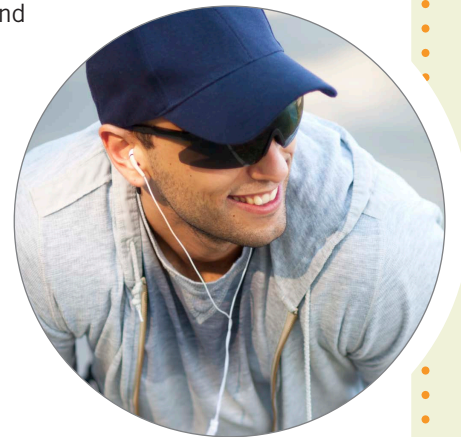
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There are more than **3.5 million new cases of skin cancer in more than 2 million people** that will be diagnosed in the United States annually. **One person dies from melanoma every hour in the United States.** The risk of melanoma can be reduced by protecting the skin from the sun and its harmful ultraviolet rays. Even on a cloudy day, up to 80% of the sun's ultraviolet rays can pass through the clouds.

Athletes need to be protective of their bodies when training outdoors. With a few simple steps, you can be active and protect your skin from the sun:

- **Seek shade when appropriate.** Avoid training and competing when the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade.
- **Wear protective clothing,** such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Use extra caution near water, snow, and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, consider using a self-tanning product or spray, but continue to use sunscreen with it.
- **Know your spots** and be aware of your skin and the moles you have. If you see any mole or spot on your skin that is changing, itching, bleeding or growing, see a dermatologist.



It could save your life!

Athletes and Skin Cancer



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Men and Skin Cancer

The risk increases as you age



If you are a man over 50, you're in the group that is most likely to develop skin cancer. That's why it's so important to get screened for skin cancer. The American Academy of Dermatology offers free skin cancer screenings across the country and throughout the year.

What is a skin cancer screening?

- A skin cancer screening is a visual examination of your skin by a dermatologist.
- It just takes a few minutes and does not require a blood test or any other medical test.
- By looking at your skin, a dermatologist can find any suspicious spots that may be skin cancer. If it is caught early and removed, skin cancer has a high cure rate.

You can find the location of a free skin cancer screening at the American Academy of Dermatology's website: www.SpotSkinCancer.org.

What is a dermatologist?

Dermatologists are medical doctors with three additional years of education and training in diagnosing and treating the skin, hair and nails. Dermatologists diagnose and treat more than 3,000 different diseases, including skin cancer.

Prevent. Detect. Live.™

You can reduce your risk of getting skin cancer.

- Prevent: Seek shade, wear protective clothes and apply sunscreen
- Detect: Look for new or changing spots on your skin
- Live: See a board-certified dermatologist if you notice anything on your skin that's changing, itching or bleeding.

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Outdoor Workers: How to protect yourself from the sun



Outdoor workers spend many hours in the mid-day sun, which is a major risk factor for developing skin cancer, including melanoma, the deadliest form.

If you work outdoors, you need to protect your skin when on the job. Follow these tips:

- **Seek shade when appropriate.** Avoid the sun's rays when they are the strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade.
- Even on a cloudy day, up to 80% of the sun's ultraviolet rays can pass through the clouds.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible. Secure a cloth flap to your hat to protect your neck.
- **Generously apply a broad spectrum, water resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or higher to all exposed skin. "Broad spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- **Reapply approximately every two hours**, even on cloudy days, and after excessive sweating.
- **Use extra caution near water, snow, and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn. Even concrete and light-colored surfaces can reflect the sun's rays.
- **Check your skin for signs of skin cancer.** If you see any mole or spot on your skin that is changing, itching or bleeding, see a board-certified dermatologist.

One person dies from melanoma every hour in the United States. When caught early, skin cancer is highly treatable.

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Live.™

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Farmers: How to protect yourself from the sun



Farmers spend many hours in the mid-day sun, which is a major risk factor for developing skin cancer, including melanoma, the deadliest form.

You need to protect your skin when working outdoors.
Follow these tips:

- **Seek shade when appropriate.** Avoid the sun's rays when they are the strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade.
- Even on a cloudy day, up to 80% of the sun's ultraviolet rays can pass through the clouds.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible. Secure a cloth flap to your hat to protect your neck.
- **Generously apply a broad spectrum, water resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or higher to all exposed skin. "Broad spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- **Reapply approximately every two hours**, even on cloudy days, and after excessive sweating.
- **Use extra caution near water, snow, and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- **Check your skin for signs of skin cancer.** If you see any mole or spot on your skin that is changing, itching or bleeding, see a board-certified dermatologist.

One person dies from melanoma every hour in the United States.
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Children and Skin Cancer



Did you know the chances for getting skin cancer increases, as we get older?
Are you doing all you can to promote **CHILDREN'S** sun-safety awareness?

Skin cancer is the most common form of cancer in the United States and yet it's the most preventable. The main reason people get skin cancer is they were exposed to too much sun on their skin, especially when they were young!

The better we protect children's skin from the sun now, there's a better chance they won't get skin cancer in the future. Pediatric melanoma is an important and steadily increasing problem among young adults. Females are more likely to sustain melanoma early in life most notably on their trunk and lower legs. Young women are more likely to participate in activities that increase the risk for melanoma, including using tanning beds.

Gigi the Giraffe is here to help you educate children on how to be safe in the sun! You can have fun in the sun and decrease your risk of skin cancer with these simple steps:

- Minimize summer sun exposure between 10:00 am – 2:00 pm
- Wear a wide brimmed hat, sunglasses and UV protective clothing. Even while swimming, wear a UV swim shirt.
- Apply sunscreen that provides UVB and UVA protection with a sun protection factor (SPF) of at least 30.
- Apply sunscreen 30 minutes BEFORE sun exposure and reapply after swimming or excessive sweating.
- Seek shade.
- Check the UV index daily in the summer.
- Check your birthday suit on your birthday.
- Avoid tanning beds.

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As a parent, guardian, teacher or coach, you spend many hours in the mid-day sun with children. Skin cancer evolves over time and the more exposure to the sun, the greater the chances for getting skin cancer. It's important that you and children are protected from the UV rays.

Below are some facts about skin cancer and children's risk factors:

- Approximately 40-60% of sun exposure occurs before age 20.
- Sunburns can happen within 15 minutes of being in the sun, but redness and discomfort may be noticed for a few hours later.
- Frequent sunburns can lead to skin cancer.
- Unprotected sun exposure is even more dangerous for kids who have moles, freckles, very fair skin and light hair, or a history of skin cancer.
- A person's risk for melanoma can double if they have had more than 5 sunburns at any age.
- Melanoma is the second most common form of cancer for young adults 15-29 years old.
- The incidence of melanoma in children 11-19 years of age has increased almost 3% per year from 1973 to 2001. The incidence rate of melanoma was positively correlated with environmental UV radiation.
- Melanoma accounts for approximately 7% of all cancers diagnosed in 15 to 19 year olds.





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Sun Safety Awareness at Home and School

Ways to incorporate sun-safety awareness into your child's everyday life at home and at school.



- Incorporate it as a daily routine. Express to them that what they do now – and don't do now – will have an impact on them later in life. Explain to them that sun exposure has a snowball effect, meaning that year after year of suntans and sunburns adds negative aspects to their skin which will show up as wrinkles or maybe even skin cancer.
- Schedule weekend activities and practices to avoid peak sun intensity hours between 10 AM – 2 PM. This is when the sun's rays are the strongest and can be the most damaging to the skin.
- Use extra caution near water, snow, and sand because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Apply sunscreen approximately 20 minutes before going outside so it has time to take effect before you go into the sun. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- Talk to your child's teacher and coach about how they incorporate sun safe behaviors. Does your child need a note at school to apply sunscreen? Find out what you need to do to make sure your child is protected at school.
- Encourage staff to wear sun protection such as hats, sunglasses and sunscreen while outside. Have the adults be role models for the children.



- Enhance the school property by creating shaded areas where the kids play outside (shade trees, shade structures, temporary shade structures for dugouts and sidelines.) You can encourage you PTO/PTA to start raising funds if the money isn't in the budget, or you can see if your organization would qualify for a shade structure grant from the AAD.

www.aad.org/ssp

- Use the materials in our toolkit to create a sun safety awareness program in your school with lesson plans and handouts which teach the importance of sun protection. Use school assemblies, social events, PTO/PTA to encourage sun safety behavior, and field trips to educate your students.
- Educate staff and children about the UV index number. Check it every day with their teachers and write it on the white board. The message is we need protection every day and the higher the UV index number the more protection you need.
- Consider designating a "SPOT" day and wear orange colors or polka dots to promote sun safety.
- Look for UV-protective clothing for your children to wear at school, while playing sports, or outside. More and more stores carry clothing with a sun-protective factor, and there are many online sources for this type of clothing. Another option is to have your child wear lightweight yet long-sleeved shirts or pants and a wide brim hat because it shades the face, neck and covers the ears.
- Buy inexpensive sunglasses with UV protection for your child to wear at school, while playing sports, or outside. Have an ultraviolet coating added to the lenses of prescription glasses or contact lenses.

EPA issues a UV Alert when the level of solar UV radiation reaching your local area is predicted to be unusually intense for the time of year. The UV Alert is a warning, and it offers simple steps you can take to protect yourself and your family. The UV Alert consists of the SunWise action steps and is posted by ZIP Code and City, State at www.epa.gov/sunwise/uvindex.html.





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FAQ's About Sun Safety



Is a suntan healthy?

No! There is no such thing as a healthy suntan. Any change in your natural skin color is a sign of potential skin damage.

Are self-tanning lotions safe?

Yes. Self-tanning lotions are safe, however most do not contain sunscreen and thus, do not protect against sunburn or other harmful effects of the sun. Make sure to wear sunscreen as well.

Does applying sunscreen mean I can stay outside longer?

No! Although a sunscreen with an SPF of 30 offers protection from sunburn, it does not block all of the sun's damaging rays. To fully protect yourself, remember to seek shade, avoid peak hours of sun exposure and wear a long-sleeved shirt, pants and sunglasses in addition to applying sunscreen.

Do I have to reapply water resistant sunscreen once I put it on?

Yes. Water resistant sunscreens still have to be reapplied regularly, as heavy perspiration, water, and towel drying remove the sunscreen's protective layer.

Is indoor tanning safe?

No! The dangers of indoor-tanning are well documented. In fact, research has shown that those who visit the tanning booth can increase their risk for skin cancer.

UV Index Number	Exposure Level	Precautions
0-2	Low	Wear sunscreen and sunglasses
3 to 5	Moderate	Wear sunscreen, sunglasses, cover up, seek shade near midday hours.
6 to 7	High	Wear sunscreen and protective eyewear and clothing. Reduce time in sun between 10 a.m. - 2 p.m.
8 to 10	Very High	Wear sunscreen and protective eyewear and clothing. Take extra precautions. Unprotected skin will be damaged and can burn quickly. Reduce time in sun between 10 a.m. - 2 p.m.
11+	Extreme	Extreme high risk of harm. Take all precautions. Unprotected skin can burn in minutes. If possible stay inside.





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Skin Cancer Fact Sheet

Incidence Rates



- More than 3.5 million skin cancers in more than 2 million people are diagnosed in the United States annually.¹
- It is estimated that there will be about 131,810 new cases of melanoma, the most serious form of skin cancer, in 2012 – 55,560 noninvasive (in situ) and 76,250 invasive (44,250 men and 32,000 women).²
- Current estimates are that 1 in 5 Americans will develop skin cancer in their lifetime.^{3,4}
- By 2015, it is estimated that 1 in 50 Americans will develop melanoma in their lifetime.⁵
- Melanoma incidence rates have been increasing for at least 30 years.
- Since 2004, incidence rates of melanoma among whites have been increasing by almost 3% per year in both men and women.²
- Caucasians and men over 50 are at a higher risk of developing melanoma than the general population.⁶
- Melanoma incidence rates in Caucasians are 5 times higher than in Hispanics and 20 times higher than in African Americans.²
- Although before age 40, melanoma incidence rates are higher in women than in men, after 40, rates are almost twice as high in men as in women.²
- Melanoma is the most common form of cancer for young adults 25-29 years old and the second most common form of cancer for adolescents and young adults 15-29 years old.⁷
- Melanoma is increasing faster in females 15-29 years old than males in the same age group.^{8,9}

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- A 2005 study found that basal cell carcinoma and squamous cell carcinoma are increasing in men and women under 40. In the study, basal cell carcinoma increased faster in young women than in young men.¹⁰

Survival Rates

- Basal cell and squamous cell carcinomas are the two most common forms of skin cancer, but are easily treated if detected early.²
- Both basal cell carcinoma and squamous cell carcinoma have cure rates approaching 95% if detected early and treated promptly.¹¹
- The five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 98 percent.²
- Five-year survival rates for regional and distant stage melanomas are 62% and 15%, respectively.²

Mortality Rates

- Approximately 75 percent of skin cancer deaths are from melanoma.²
- On average, one American dies from melanoma every hour. In 2012, it is estimated that 9,180 deaths would be attributed to melanoma – 6,060 men and 3,120 women.²
- An estimated 3,010 deaths from other skin cancers will occur in the United States in 2012.²
- The World Health Organization estimates that more than 65,000 people a year worldwide die from melanoma.¹²

Risk Factors

- The major risk factor for melanoma of the skin is exposure to ultraviolet light.²
 - In 2010, new research found that daily sunscreen use cut the incidence of melanoma, the deadliest form of skin cancer, in half.¹³
- Increasing intermittent sun exposure in childhood and during one's lifetime is associated with an increased risk of squamous cell carcinoma, basal cell carcinoma, and melanoma.¹⁴
- Exposure to tanning beds increases the risk of melanoma, especially in women aged 45 years or younger.¹⁵
 - In females 15-29 years old, the torso/trunk is the most common location for developing melanoma, which may be due to high-risk tanning behaviors.^{8,9}



- People with more than 50 moles, atypical moles, light skin, freckles, or a family history of melanoma are at an increased risk of developing melanoma.²
- Melanoma survivors have an approximately 9-fold increased risk of developing another melanoma compared to the general population.¹⁶

Prevention & Detection

- Since exposure to ultraviolet light is the most preventable risk factor for all skin cancers², the American Academy of Dermatology encourages everyone to protect their skin by applying sunscreen, seeking shade and wearing protective clothing.
- Warning signs of melanoma include changes in size, shape, or color of a mole or other skin lesion, or the appearance of a new growth on the skin.²
- Individuals with a history of melanoma should have a full-body exam by a board-certified dermatologist at least annually and perform regular self-exams for new and changing moles.¹⁷

Cost

- In 2004, the total direct cost associated with the treatment for non-melanoma skin cancer was \$1.5 billion in the United States.¹⁸
- According to the National Cancer Institute, the estimated total direct cost associated with the treatment of melanoma in 2010 was \$2.36 billion in the United States.¹⁹

Learn more about skin cancer at SpotSkinCancer.org:

- [Dermatology A to Z: Basal cell carcinoma](#)
- [Dermatology A to Z: Squamous cell carcinoma](#)
- [Dermatology A to Z: Melanoma](#)
- [Skin cancer detection](#)
- [Skin cancer prevention](#)



HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen that states on the label:

BROAD SPECTRUM

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

SPF 30 OR HIGHER

How well a sunscreen protects you from sunburn.

WATER RESISTANT OR VERY WATER RESISTANT

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



To learn more visit SpotSkinCancer.org

HOW TO SPOT SKIN CANCER™

USE THIS INFORMATION TO CHECK YOUR SKIN REGULARLY

1 in 5

Americans will develop skin cancer in their lifetime.

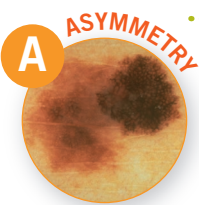


ANYONE
CAN GET SKIN CANCER,
REGARDLESS OF SKIN COLOR

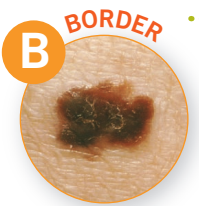
THE ABCDEs OF MELANOMA

What to Look for:

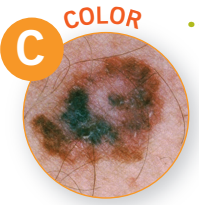
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:



One half is unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

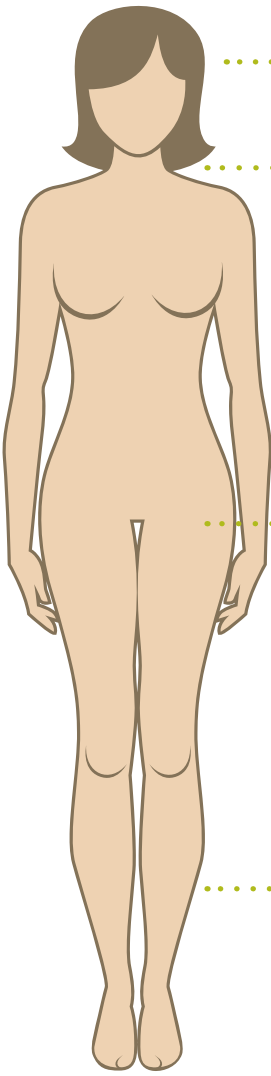
Example:



SKIN CANCER SELF-EXAMINATION

How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard to see places.



1 Examine body front and back in mirror, then right and left sides, arms raised.

2 Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.

3 Bend elbows, look carefully at forearms, back of upper arms, and palms.

4 Check back and buttocks with a hand mirror.

5 Finally, look at backs of legs and feet, spaces between toes, and soles.



If you find any spots on your skin that are different from others or are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit **SpotSkinCancer.org**

WHEN CAUGHT EARLY, SKIN CANCER
IS HIGHLY TREATABLE



IS YOUR SKIN LOOKING GOOD?



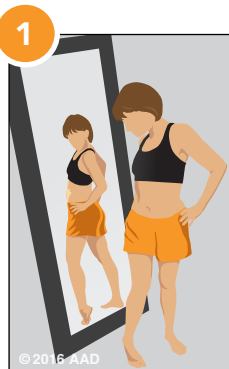
WHEN DETECTED EARLY, SKIN CANCER IS HIGHLY TREATABLE.

The **American Academy of Dermatology** recommends that everyone **check their skin regularly** for any new or suspicious spots.

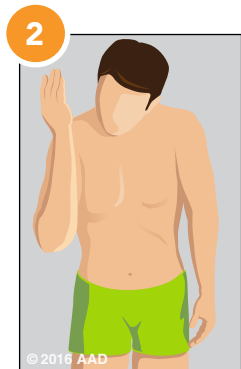


SKIN CANCER SELF-EXAMINATION

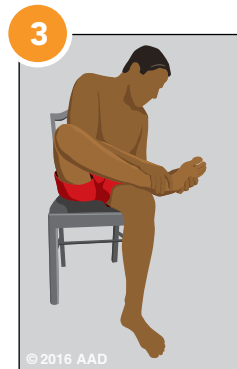
You can detect skin cancer early by following dermatologists' tips for checking your skin:



Examine body front and back in mirror, especially legs.



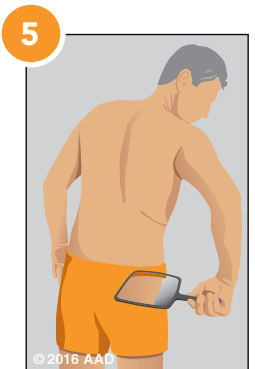
Bend elbows, look carefully at forearms, back of upper arms, and palms.



Look at feet, spaces between toes and soles.

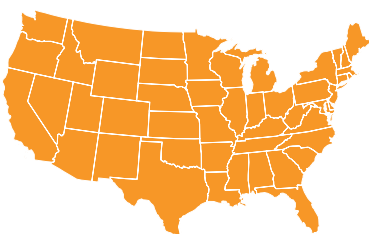


Examine back of neck and scalp with a hand mirror. Part hair and lift.



Finally, check back and buttocks with a hand mirror.

If you notice any irregular spots on your skin, or anything changing, itching or bleeding, see a board-certified dermatologist.



Skin cancer is the **most common cancer** in the United States.

Current estimates are that **1 in 5** Americans will develop skin cancer in their lifetime.



On average, **one** American dies from melanoma **every hour**.



To find a free SPOTme® skin cancer screening or a board-certified dermatologist, visit SpotSkinCancer.org.

#LookingGoodin2016

WHO'S GOT YOUR BACK?



THE BACK IS THE MOST COMMON SITE FOR MELANOMA,
THE DEADLIEST FORM OF SKIN CANCER.

PREVENTION

Adequately applying sunscreen to your own back can be a difficult task. Find a family member or friend who **"has your back"** when applying sunscreen.



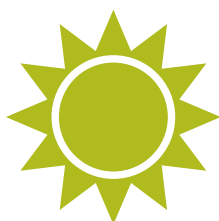
43%

of people rarely or never ask someone else to apply sunscreen to their back.*

37%

rarely or never apply sunscreen to their back.*

Apply a broad-spectrum, **water-resistant**, SPF 30+ sunscreen.



In addition, **seek shade** and **wear protective clothing** to protect your skin whenever possible.

DETECTION

It's been reported that **about 16% of melanomas** are found by spouses.



Only 36% of people **examine their back** for signs of skin cancer at least once a year.*

Only 35% of people ask someone else to help them examine hard-to-see areas **for signs of skin cancer**.*



Check your skin regularly and ask a partner to help check the hard-to-see areas.

When spotted early and treated properly, skin cancer, including melanoma, has a **high cure rate**.



If you notice anything **changing**, **itching or bleeding** on your skin, make an appointment to see a board-certified dermatologist.

*Results from a 2015 survey conducted by the American Academy of Dermatology.

The American Academy of Dermatology has your back. To find a free SPOTme® skin cancer screening or a board-certified dermatologist, visit [SpotSkinCancer.org](https://www.spotskincancer.org).

#whosgotyourback

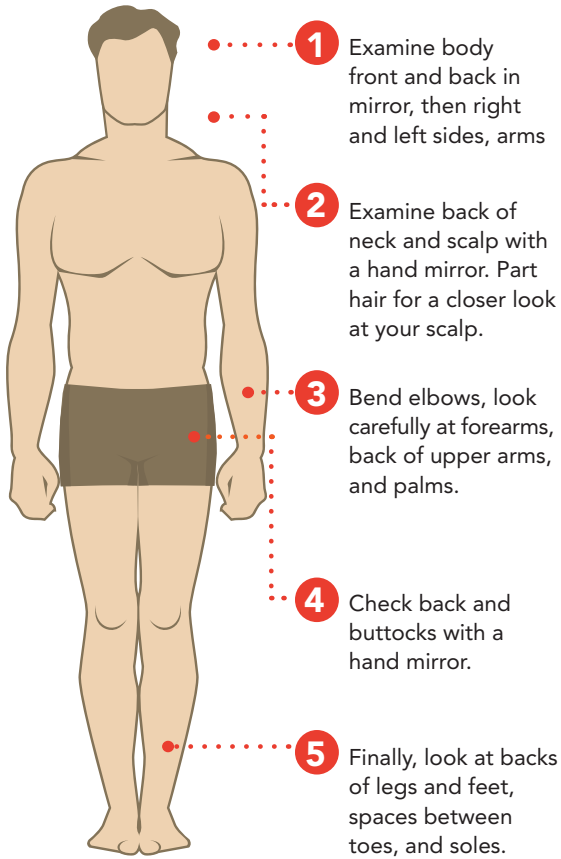


Detect.

How to check your spots

SKIN CANCER SELF-EXAMINATION

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Ask someone for help when checking your skin, especially in hard to see places.

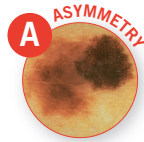


Download the Academy's Body Mole Map at spotme.org to record your spots during your next skin self-exam.

What you're looking for on your skin

THE ABCDEs OF MELANOMA

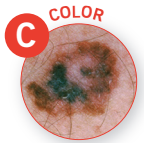
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:



One half is unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

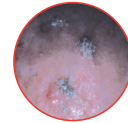
Example:



OTHER TYPES OF SKIN CANCER

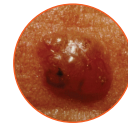
When checking your skin, please look for signs of these other suspicious spots.

Precancerous Growth

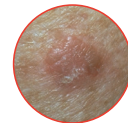


Actinic Keratosis (AK):
Dry, scaly patch or spots.

Skin Cancer



Basal Cell Carcinoma (BCC):
Flesh-colored, pearl-like bumps or a pinkish patch of skin.



Squamous Cell Carcinoma (SCC):
Red firm bumps, scaly patches or sores that heal and then return.

Live.

Visit spotme.org to:

- Learn more about skin cancer
- Find a dermatologist in your area

WHEN CAUGHT EARLY, SKIN CANCER
IS HIGHLY TREATABLE

