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## Skin cancer: Be kind to the skin you are in

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## How can I prevent this?

- ❖ Seek the shade especially between 10 AM and 4 PM.
- ❖ Use a broad-spectrum sunscreen everyday (SPF 15 or higher).
- ❖ Do not sunburn and avoid UV tanning beds.
- ❖ Look at your skin or have a family member check for suspicious areas or moles.

True or False (see answers on back)

1. Use of the tanning bed increases your risk for skin cancer.
2. Unusual moles are NOT a sign of skin cancer.



# Slip, Slop, Slap, & Wrap!

## When In The Sun...

*Slip on a shirt!*

*Slap on sunscreen!*

*Slap on a hat!*

*Wrap on the sunglasses!*

Answers: True;False

## References

New Website to Help Cancer Survivors Manage Health. (n.d.). Retrieved October 27, 2016, from <http://www.cancer.org/index>

Skin Cancer Foundation. (n.d.). Retrieved October 27, 2016, from <http://www.skincancer.org/>



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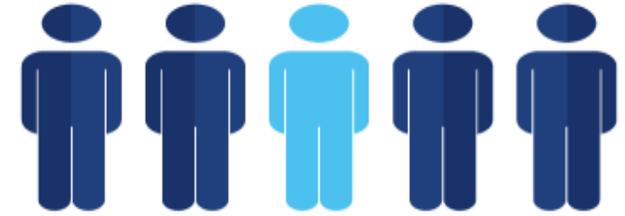
# Skin Cancer



## Be Kind to the Skin You Are In



# Did You Know?



- Skin cancer is the most common type of cancer.
- One out of five Americans will develop skin cancer in the course of a lifetime.
- The risk for a person developing melanoma doubles with the risk of five or more sunburns.
- The sun causes the majority of melanoma skin cancers.
- Each year there are more new cases of skin cancer than the incidence of breast cancer, lung cancer, prostate cancer, and colon cancer combined.
- Basal cell carcinoma is the most common form of skin cancer, however melanoma is related to the majority of deaths with one person dying every 52 minutes.



## Am I At Risk?

- Too much exposure to ultraviolet (UV) radiation (including tanning beds and lamps)
- You have pale skin, do not tan much, or have naturally blonde or red hair.
- You have had severe burns from UV rays.
- You have several moles or unusual moles.
- You or a family member has had a history of skin cancer.
- People who use tanning beds before the age of 35 increase their risk of producing skin cancer by 75%.

## Warning Signs

- Any change on your skin (skin color, mole growth, mole color change)
- Use the ABCDE rule: Asymmetry, Border irregularity, Color irregularity, Diameter greater than 6 mm (pencil eraser size), Evolving – changing shape, size, or color
- A sore that does not heal and/or bleeds

