
How can I prevent skin cancer?

The American Academy of Dermatology encourages you to have fun outdoors and follow these quick tips to decrease your risk of skin cancer:

• SEEK SHADE BETWEEN 10 A.M. AND 2 P.M. If your shadow appears shorter than you, 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 higher to all exposed skin. 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, but continue to use sunscreen with it.

1 in 5 Americans will develop skin cancer in their lifetime.

ANYONE REGARDLESS OF SKIN COLOR CAN GET SKIN CANCER, ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.
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:

**THE ABCDEs OF MELANOMA**

- **A** S**ymmetry**: One half is unlike the other half.
- **B** O**rder**: Irregular, scalloped or poorly defined border.
- **C** O**lor**: Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.
- **D** I**ameter**: While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can
- **E** V**olving**: A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

**Example:**

![Example Image]

**OTHER TYPES OF SKIN CANCER**

- **Precancerous Growth**
  - Actinic Keratoses (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.

**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.

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

**How to check your spots**

**What you’re looking for on your skin**

**Visit spotme.org to:**

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

**WHEN CAUGHT EARLY, SKIN CANCER IS HIGHLY TREATABLE**

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