

Skin Cancer

What are the screenings for Skin Cancer?

- **Skin self-exam**
Do a skin self-exam once a month and report any changes in skin growths or the appearance of new growths to your health care provider. Use a mirror to carefully check the parts of the body that are difficult to see.
- **Professional skin examination**
Ask your health care provider for a skin exam as part of a cancer-related checkup every few years.

Action Plan if you detect skin changes or have symptoms of Skin Cancer

- I will talk with my health care provider right away if any mole changes according to the ABCDs of melanoma detection
- I will talk with my health care provider right away if an area on my skin changes, itches or bleeds, even if it is small

Where can I get more information?

Visit the Pennsylvania Department of Health Cancer Education Network at www.PACancerEducationNetwork.com

National Cancer Institute's Cancer Information Service (toll-free)
Telephone: 1-800-4-CANCER
(1-800-422-6237)
TTY: 1-800-332-8615

PA Cancer Education Network



Know The Facts...



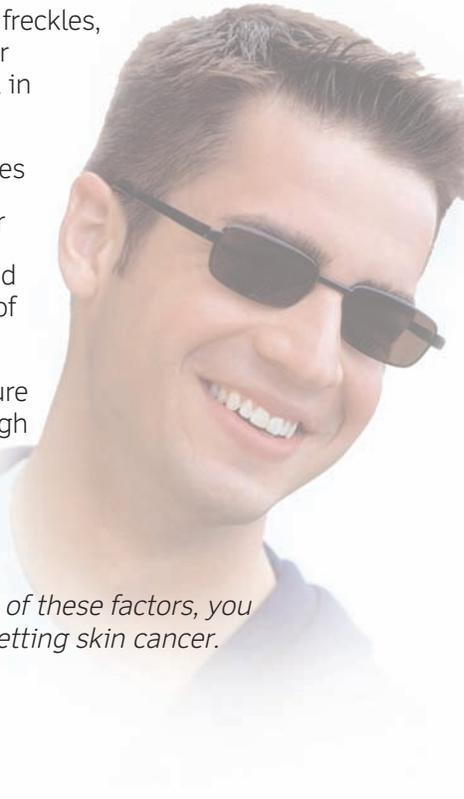
www.PACancerEducationNetwork.com

Am I at risk for Skin Cancer?

There is no way to know for sure if you are going to get skin cancer. Certain factors make you more likely to get it. These are the risk factors. Check your risk factors for skin cancer:

- Lighter natural skin color
- Family history of skin cancer
- Personal history of skin cancer
- History of sunburns early in life
- Skin that burns, freckles, gets red easily or becomes painful in the sun
- Blue or green eyes
- Blond or red hair
- Certain types and a large number of moles
- Constant exposure to the sun through work and play
- Work outdoors most of the day

If you **checked any** of these factors, you may be at risk of getting skin cancer.



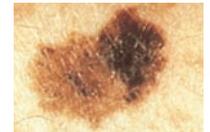
Action Plan if you are at risk for Skin Cancer

- I will be alert for skin cancer symptoms and check my skin monthly
- I will have someone look at my back for moles or other changes in my skin
- I will get screened for skin cancer every year
- I will check my family history for skin cancer
- I will avoid the sun as much as possible between the hours of 10:00 a.m. and 4:00 p.m., when the sun's rays are strongest
- I will avoid using tanning beds
- I will use sunscreen and lip balm with at least a SPF 15 and apply it appropriately
- I will apply sunscreen at least 30 minutes before going outside, and reapply every 2 hours
- I will wear protective clothing when in the sun
- I will wear a hat with a wide brim that goes all the way around the head to protect my ears, side of face and neck

Learn the ABCDs of Melanoma Detection

Melanoma is the most serious type of skin cancer. An ordinary mole is evenly colored and brown, tan or flesh colored spot in the skin. Moles can change so be alert for the ABCDs of Melanoma.

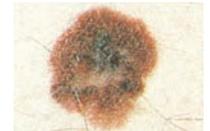
Asymmetry: one half unlike the other half



Border: irregular, scalloped or poorly defined for border



Color: varied from one area to another; shades of tan and brown, black; sometimes white, red or blue



Diameter: moles that grow larger than a pencil eraser (6mm in diameter)

