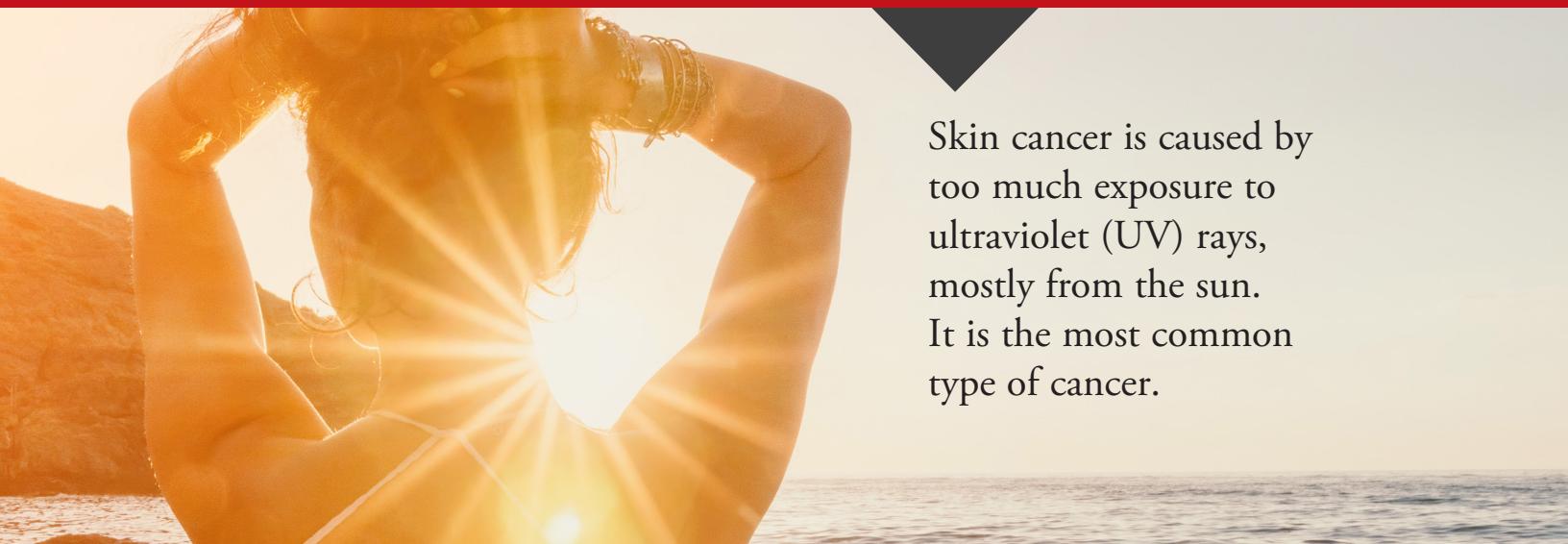


# Be Skin Cancer Aware



Skin cancer is caused by too much exposure to ultraviolet (UV) rays, mostly from the sun. It is the most common type of cancer.

## SIGNS FOR BASAL & SQUAMOUS CELL SKIN CANCERS



Small, smooth, shiny, pale, or waxy lump



Firm red lump



A lump that bleeds or develops a crust



A flat, red spot that is rough, dry, or scaly

These types of skin cancer are less common in people with darker skin color. When they occur, the skin changes are similar but often darker in color.

## SIGNS OF MELANOMA (A, B, C, D, E)



A. Asymmetry. The shape of one half does not match the other.



B. Border - The edges are ragged, notched, or blurred.



C. Color - The color is uneven.



D. Diameter - The size changes and is often bigger than a pencil eraser.



E. Evolving lesion - This is one that changes size, shape, shades of color or symptoms, or has surface bleeding.

## WAYS TO HELP PREVENT SKIN CANCER

The American Cancer Society suggests you do these things:

1. **Seek shade.** Avoid being in direct sunlight too long.
2. **Slip** on a shirt. Cover exposed skin areas.
3. **Slop** on sunscreen. Use one with a sun protection factor (SPF) of 30 or higher. Follow the label's directions.
4. **Slap** on a hat. Wear one with a two to three inch brim all the way around your head.
5. **Wrap** on sunglasses that block UV rays to protect your eyes and sensitive skin around them.
  - Avoid sun lamps, tanning beds, and exposure to the sun's UV rays between 10:00 a.m.-4:00 p.m. standard time.
  - Check your skin monthly for signs of skin cancer. If you find any, let your doctor or a dermatologist know.