



Important Points to Remember

Skin cancer is the most common type of cancer. It is increasing at an alarming rate.

Melanoma is a serious type of skin cancer and can be deadly.

- One person every hour dies from melanoma.
- The incidence is increasing faster than any other cancer.
- 1 million people will develop skin cancer each year; over 60,000 will develop melanoma.

Best treatment is PREVENTION!

- Sunscreens are essential!
- Apply it correctly!!! 30 minutes before going out.
- Wear sunscreen with UVA/UVB protection.
- Always wear sunscreen with SPF (Sun Protection Factor) 30 or higher, and reapply every 2 to 3 hours.
- Protect your lips too.
- Clothing is great protection.
- Long sleeve shirts and pants.
- Wide brim hats to protect your face, ears & neck.
- Sunglasses with UVA/UVB protection.
- Avoid the sun during peak hours (10:00am – 4:00pm)

A TAN IS NOT HEALTHY!!!

- It is a sign of skin damage and could lead to skin cancer.
- A single sunburn increases your chances of getting skin cancer.

Early detection means CURE:

ABCDE characteristics of Melanoma Detection (moles or any spot on the skin).

- **A**symmetry: one half unlike the other half.
- **B**order irregularity: scalloped or poorly circumscribed border.
- **C**olor Variation: from one area to another; shades of tan and brown; black; sometimes white, red or blue.
- **D**iameter: >6 mm (diameter of a pencil eraser).
- **E**volving: look for changes!!!!
 - Check your skin and beware of any changes!
 - Consult a dermatologist regarding any new lesions or changes in existing moles, spots or freckles.