



# Save Your Skin

**SKIN CANCER IS THE MOST COMMON TYPE OF CANCER IN THE U.S. THE GOOD NEWS? YOU CAN PREVENT IT.**



## Watch for Signs of Trouble

The three main types of skin cancer are:

- ▼  
**BASAL CELL CARCINOMA**
- ▼  
**SQUAMOUS CELL CARCINOMA**
- ▼  
**MELANOMA**

*Basal and squamous cell carcinomas and melanoma can be cured when found early.*

## Skin Cancer Risk Factors

The following can increase your risk for basal cell, squamous cell, or melanoma skin cancers:

- > Exposure to sunlight or tanning beds
- > Fair complexion: light skin that burns or freckles easily, blue or green eyes, and red or blond hair
- > Family history of melanoma
- > Family history of unusual moles
- > Having several moles
- > History of radiation treatment
- > Weakened immune system



## Know Your ABCDEs

Have your doctor examine any change in your skin – a new growth or mole, a change in a mole’s appearance, or a sore that doesn’t heal.

Keep an eye out for spots with these common characteristics:

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>Asymmetry</b> irregular in shape	<b>Borders</b> jagged and not clearly defined	<b>Color</b> uneven patches	<b>Diameter</b> larger than a pea	<b>Evolving</b> size or color

## Stay Safe in the Sun

Most skin cancer is caused by exposure to the sun, tanning beds, and sun lamps. You can significantly reduce your risk for skin cancer by avoiding ultraviolet (UV) rays.



**Stay in the shade.**  
UV rays are strongest from 10 a.m.–2 p.m.



**Wear clothes that cover your skin.**  
Long pants and long-sleeved shirts, and wide-brimmed hats are good choices.



**Wear sunscreen.**  
Apply a broad-spectrum sunscreen that protects you from both UVA and UVB rays even on cloudy days. Reapply it every two hours.

**Fast Fact: A history of blistering sunburns increases melanoma risk.**

team you

