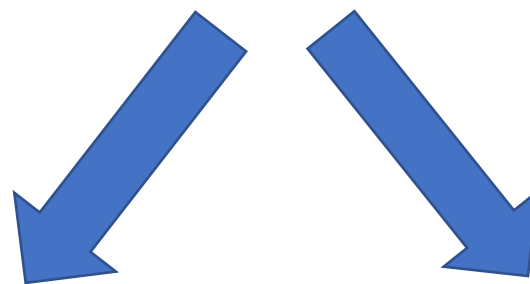


SKIN CANCER PREVENTION

While skin cancer is the most common cancer in the United States, it is also one of the **MOST PREVENTABLE** cancers! What can you do?

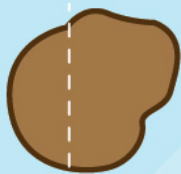
Skin cancer is the cancer you can SEE. Get to know your skin, check yourself monthly, and if you notice any of the “ABCDE’s” tell your doctor.



Most skin cancers are caused by exposure to UV radiation from the sun. By developing sun-safe habits, you can significantly reduce your risk!

A

ASYMMETRY



Two halves of the mole do not match

B

BORDERS



Edges are irregular or uneven

C

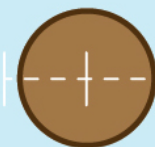
COLOR



multiple colors or changing shades of brown

D

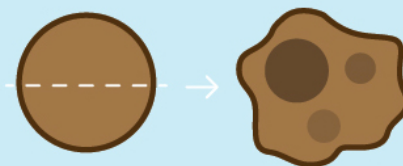
DIAMETER



Usually, but not always, larger than 6mm

E

EVOLUTION



Changes in appearance, and/or symptoms such as bleeding, oozing, or itching

- ✓ Wear sunscreen SPF 30 or higher
- ✓ Reapply often when having fun in the sun!
- ✓ Seek out shade when possible
- ✓ Avoid tanning, especially tanning beds!
- ✓ Cover up more with clothes
- ✓ Don't forget your sunglasses

For more cancer prevention tips, visit our website www.cancerpathways.org