



Did you know...

# You can help prevent skin cancer?

For workshop, contact Sarah at:  
semma@mcw.edu

## Quick facts:

**1 in 5 Americans** will have **skin cancer** during their lifetime



Sun damage to your skin is the number 1 preventable cause of **skin cancer**

## Sun damage also:



Causes wrinkles



Causes dark spots



Makes your skin age faster



## The good news...

9 out of 10 skin cancers can be cured if you find and treat them early!



**With the right tips, you can protect your skin from the sun and prevent early aging and damage to your skin**



Educational grant provided by:



American Skin Association

# Who can get skin cancer?



**Anyone** can get skin cancer, even if you have dark skin or tan easily.

Your chance of getting skin cancer rises if you have:

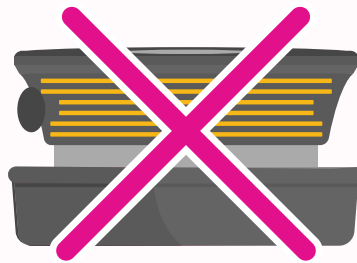
- ❗ Fair skin, blond or red hair, and blue eyes
- ❗ A close family member, such as a parent or sibling, who had skin cancer
- ❗ Health conditions that weaken your immune system or affect your skin



**The most important thing you can do** to help prevent skin cancer and keep your skin looking healthy is to protect it from the sun.



Always wear sunscreen, even on cloudy or cold days. Use SPF 30 or higher and broad spectrum to protect your skin.



Avoid tanning beds. Their harmful rays are even stronger than the sun's rays, and you can't see the damage to your skin right away.

# What is skin cancer?

Skin cancer happens when skin cells start to grow uncontrollably. There are 3 main types of skin cancer:

## Basal cell skin cancer

Basal cell skin cancer is the most common type of cancer in Whites, Asians, and Hispanics.

### ? What does it look like?

This skin cancer often doesn't look like a "cancer." It may look like a:

- Pink patch
- Pimple that doesn't go away
- Shiny bump that looks pearly
- Bump with small red blood vessels on the surface

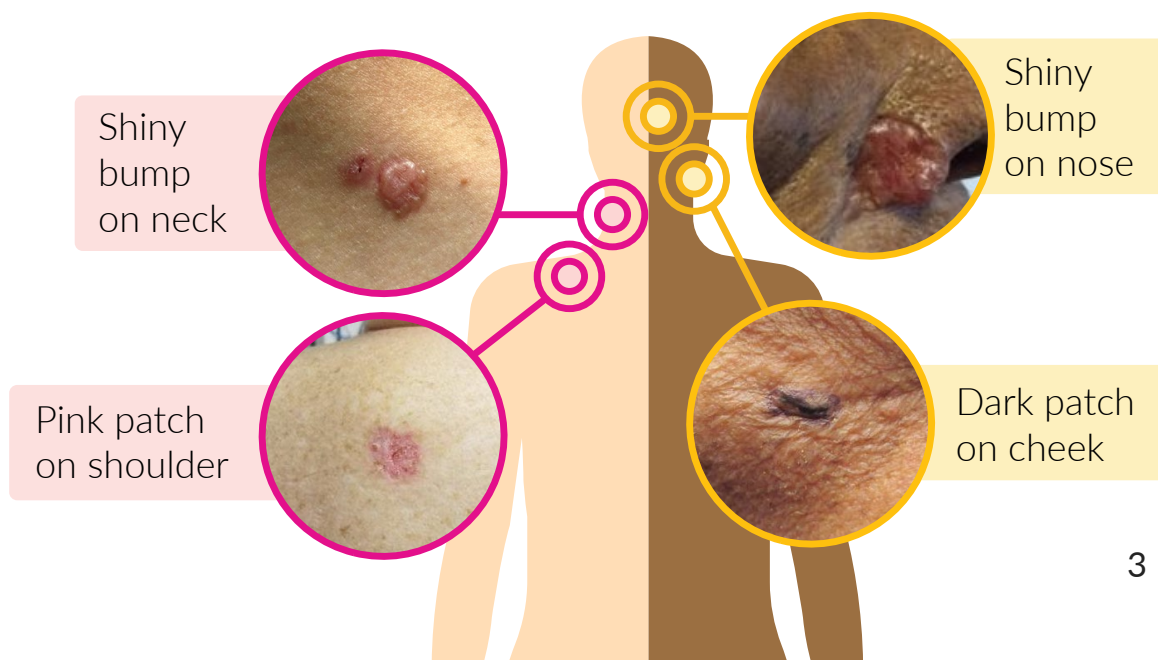


On **light skin**, this cancer often looks pink



On **dark skin**, this cancer often:

- Looks dark instead of pink
- May be harder to spot



## Squamous cell skin cancer

Even though squamous cell skin cancer is more likely to develop in people with light skin, it is the most common type of skin cancer in African-Americans. It usually grows fast and may feel tender.

### ? What does it look like?

It may look like:

- Bump or wart-like growth
- Scaly patch of skin
- Sore that won't heal



On **light skin**, this cancer often:

- Looks pink
- Starts in body parts that get a lot of sun, like the face or arms

Pink scaly patch on face



Pink wart-like growth on arm



On **dark skin**, this cancer often:

- Looks dark brown or blue
- Starts in body parts that get less sun, like the legs



Dark patch on arm

## Melanoma

Melanoma is one of the deadliest skin cancers (7 out of 10 skin cancer deaths). It can grow anywhere on your body.

### ? What are the first signs of melanoma?

The first signs of melanoma are often:

- A new, unusual-looking growth on your skin – it may grow quickly, look uneven, or have more than 1 color
- A change in an existing mole



On **light skin**, this cancer is most common in body parts that get a lot of sun, such as the:

- Back
- Legs
- Arms
- Face

Unusual-looking growth



Growth that is more than 1 color



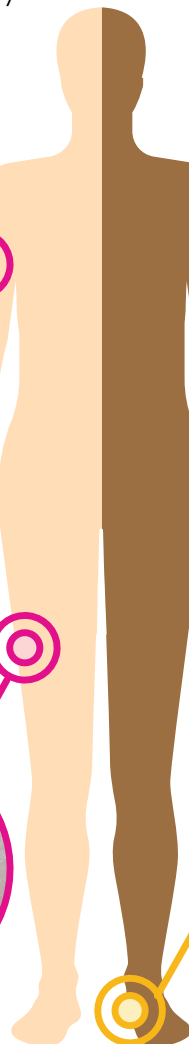
On **dark skin**, this cancer often starts:

- As a dark streak under a nail
- On the soles of the feet or palms

Dark streak under nail



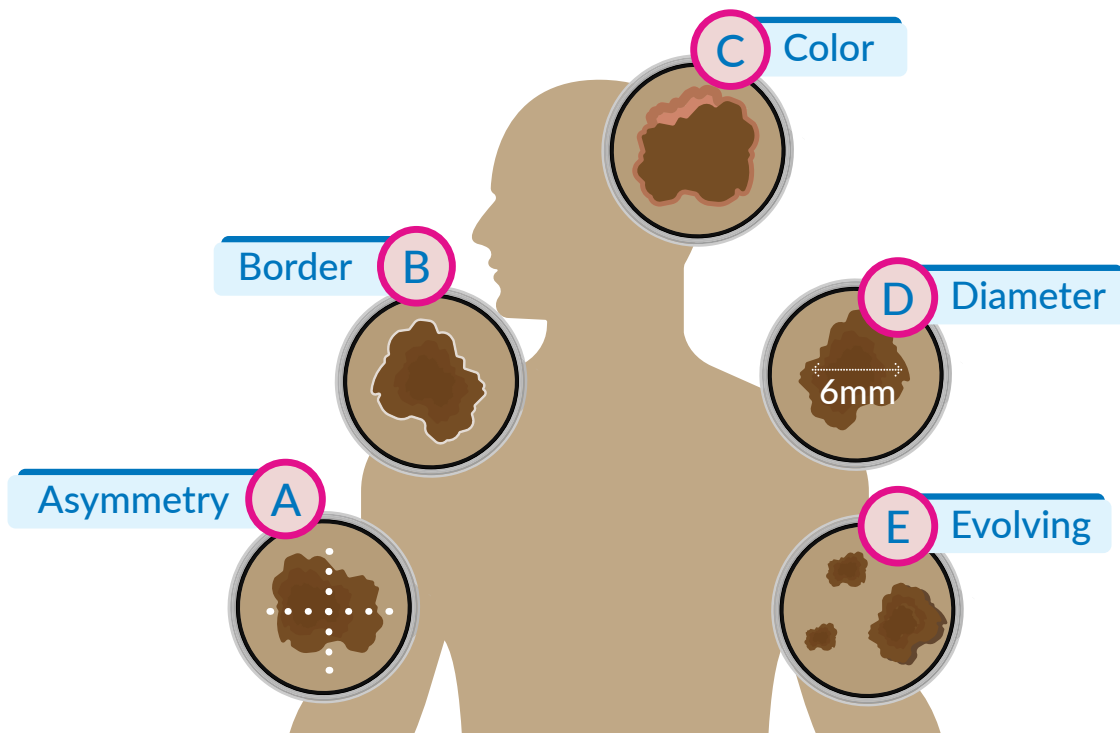
Dark growth on heel



# How can you spot skin cancer?

Most skin cancers are found by people themselves, so check your entire body once every month. You can use a hand mirror to check any hard-to-see areas.

Use the ABCDE method to know what to look for:



## A – Asymmetry

Normal moles are evenly shaped. Melanoma can be uneven – one half may be larger and have a different shape than the other half.

✓ Normal



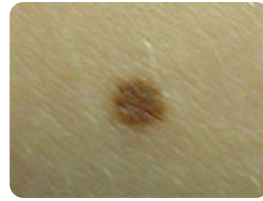
✗ Abnormal



## B – Border

Normal moles have smooth, round borders. Melanoma may have irregular, scalloped edges.

✓ Normal



✗ Abnormal



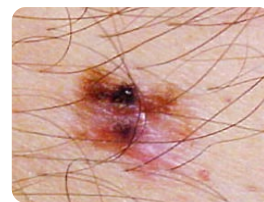
## C – Color

Normal moles are usually an evenly colored brown or tan color. Melanoma can have more than one color, such as blue, red, black, or white.

✓ Normal



✗ Abnormal



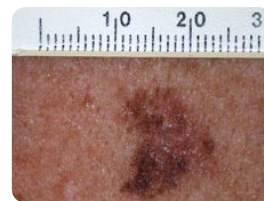
## D – Diameter (size)

If a spot is larger than a pencil eraser, about 6 millimeters, get it checked out by a doctor.

✓ Normal



✗ Abnormal



## E – Evolving

“Evolving” means that a spot on your body is changing. It can also mean “elevated” or raised. If that happens, especially if it’s growing in height, see a doctor right away.

✗ Abnormal



Evolving

✗ Abnormal



Elevated



**Remember:** When in doubt, get it checked out!



# How can you help prevent skin cancer?

You can lower your chance of getting skin cancer and prevent early aging and skin damage by protecting your skin from the sun.



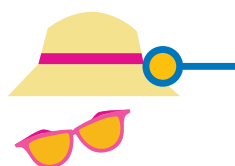
## Here's how:

**Wear sunscreen every day.** It should be SPF 30 or higher and broad spectrum.

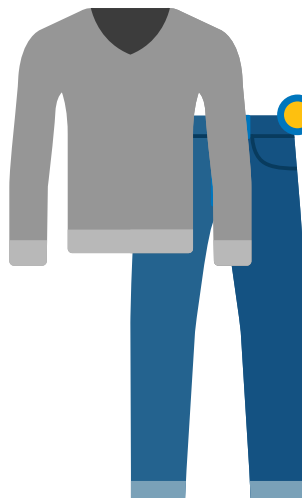


### Know the shadow rule:

If your shadow's shorter than you, seek shade. A short shadow means the sun is very strong and more likely to harm your skin.



**Put on a hat with a 3-inch brim and sunglasses** to protect your face and eyes.



**Wear long sleeve shirts and pants.** Dark colors block more of the sun's harmful rays than white or light colors.



**Remember:**  
Avoid tanning beds.



Learn more at: [www.SpotsEducation.org](http://www.SpotsEducation.org)

Photos provided by: Sofia Chaudhry, MD; Susan Mallory, MD; Summer Youker, MD; Scott Fosko, MD; Stephanie Lickerman, RN; David Sheinbein, MD; Daniel Ring, MD; Zachary Nahmias, MD; NCI