



“SAFE DAYS” of Summer

SUN SENSE

Can the Tan

Overexposure to the sun is the principle cause of most skin cancers. There are more than a million new skin cancers being diagnosed each year in the United States. The risk increases for those who are heavily exposed to the sun in their occupations. Outdoor recreational activities, such as swimming, skiing, golfing and jogging have an increased risk as well...

Skin Cancer Facts:

- Skin cancer is the most common of all cancers
- It most often occurs among older, lighter-skinned people who eye color is green, hazel, gray, or blue. This includes those with blonde, red or light brown hair.
- The most common skin cancers, Basal Cell and Squamous Cell, are 92% curable.
- Even the more serious kind of skin cancer, melanoma, has a high survival rate if detected and treated early.

Skin Cancer Signs and Symptoms

- Any unusual skin condition
- Change in the size or color of a mole or other darkly pigmented growth or spot.
- Scaliness, oozing, bleeding or change in the appearance of a bump or nodule.
- Spread of pigmentation beyond the border of a mole.

Skin Cancer Detection

Melanomas often start as small, mole-like growths that increase in size, change color, become ulcerated and bleed easily from a slight injury. A simple way to note changes is to remember your ABCD's. If you observe any of the following ABCD's with a mole, have it checked promptly.

A = Asymmetry – Asymmetry is when one half of the mole does not match the other.

B = Border – Is there a border irregularity? Are the edges ragged, notched, or blurred?

C = Color – Color should be uniform. Pigmentation should be the same throughout the mole.

D = Diameter – Any sudden or continuing increase in size should be of concern.

Prevention & Early Detection Tips

- Wear protective clothing and use sunscreen whenever in the sun.
- Beware of overcast days when the sun's damaging rays can still reach you.
- Protect children's skin from the sun. Studies show a link between severe sunburn before the age of 18 and increased risk of developing melanoma – the most serious form of skin cancer.
- Seek professional advice if new growths or any changes in the appearance of the skin color occur.
- Practice skin self-examination once a month, and have any suspicious lesions or changes checked promptly by a doctor.

