

Skin Cancer Prevention



Skin Cancer Facts

- Skin cancer is the most common cancer in the United States.
- Skin cancer can occur no matter what your skin color is or how well you tan.
- Skin cancer may occur many years after exposure to the sun without protection.

A health coach can help you meet your healthy lifestyle goals

Call a TML IEBP Professional Health Coach at 1-888-818-2822

Healthy Lifestyle Management

Prevention Tips

- Avoid spending time outdoors from 10 am to 4 pm. If you must be out during those hours, use other protective means (see below) seek shade.
- Remember, UV rays from the sun are also reflected by water, sand, snow, ice, and pavement.
- UV rays from the sun can go through light clothing, windows, clouds, and windshields. Cloudy days do not protect you.
- Wear long sleeves and long pants that are tightly woven.
- Wear hats with a wide brim to shade your face and neck. Ball caps and visors do not protect your neck or ears.
- Use a sunscreen with a sun protection factor (SPF) of at least 15 that is broad spectrum blocking both UVA and UVB rays. Apply every 2 hours or after heavy sweating or swimming. Use at least 1 oz (shot glass full) of sunscreen for whole body each time.
- Wear sunglasses that protect from both UVA and UVB rays.



Use the ABC's of melanoma when checking moles.

Any of these signs indicate a need for an exam by a doctor:

Asymmetry - the mole is irregular in shape

Border - the border of the mole is irregular

Color - there are different colors or shades of color in the mole

Diameter - the diameter or width of the mole is bigger than a pencil eraser

Action Tips

- Examine your skin regularly for any growths, discolorations, or changes in moles or beauty marks. Use a mirror to check your back, neck, and behind ears.
- You might consider seeing a dermatologist for a body scan if you have a personal or family history of skin cancer, especially melanoma.

Types of Skin Cancer

- **Basal cell carcinoma**
The most common skin cancer. It rarely spreads or is fatal. It is usually found on the face, back of the neck or any area that gets regular sun exposure. It often looks like open sores, red patches, pink growths, shiny bumps or scars or pimples that don't go away.
- **Squamous cell carcinoma**
More aggressive than basal cell carcinoma and can spread throughout the body. Fortunately they are usually found before they spread. Squamous cell carcinoma often appears as crusty, wart like spots or rough scaly patches either of which may bleed at times or can be a sore that doesn't heal.
- **Melanoma**
The most serious type of skin cancer. Melanoma can occur anywhere on the body, even on the soles of the feet or under the fingernails or toenails. The spots are dark colored moles that may be blue, red, dark brown or black. Older people may get a type of melanoma that appears as large patches of tan or brown skin.

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ABC's of Melanoma

RISK FACTORS

All Types of Skin Cancer

- Regular exposure to the sun without protection
- Living where the sun is strong; southern and western US or mountainous areas
- Using sunlamps or tanning beds
- Being fair skinned with red or blond hair and green or blue eyes
- Treatment with radiation
- Having a weakened immune system

Squamous Cell

- High number of x-rays
- Long term exposure to arsenic or other chemicals
- Excessive sunlight or ultraviolet radiation exposure

Melanoma

- Severe, blistering sunburn at any age
- Having several large or many small moles
- Family history of unusual moles or melanoma
- Being a breast cancer survivor
- Being a white male

RESOURCES

[The Skin Cancer Foundation](http://www.skincancer.org)
www.skincancer.org

[National Cancer Institute](http://www.cancer.gov/cancertopics/types/skin)
www.cancer.gov/cancertopics/types/skin
www.cancer.gov/cancertopics/wyntk/skin

[How to Check for Skin Cancer](http://www.cancer.gov/cancertopics/prevention/skin/selfexam)
www.cancer.gov/cancertopics/prevention/skin/selfexam



ABCD Rule Illustration

On the left side from top to bottom, melanomas showing:

- Asymmetry
- Border that is uneven, ragged, or notched
- Coloring of different shades of brown, black, or tan
- Diameter that has changed in size or mole is bigger than a pencil eraser.

The normal moles on the right side do not have abnormal characteristics (no asymmetry, even border, even color, small and no change in diameter).

Disclaimer: This material is for informational purposes only, and should not be used to replace professional medical advice. Always consult your physician before beginning a new treatment, diet, or fitness program. This information should not be considered complete, nor should it be relied on in diagnosing or treating a medical condition.