

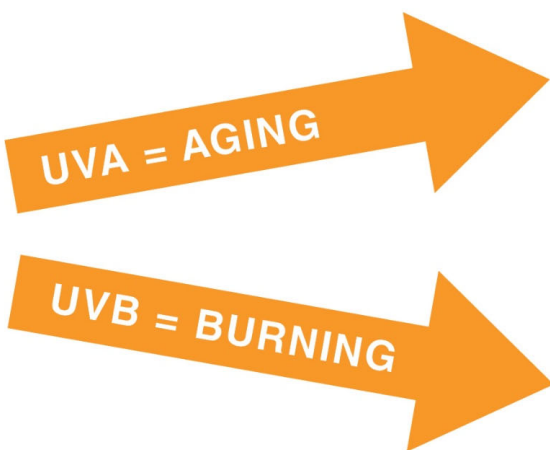


SKIN CANCER

You can prevent it!

HOW DOES THE SUN AFFECT YOUR SKIN?

.....



IS THERE A SAFE WAY TO TAN?

.....

There is **NO** safe way to tan!



Sunburn



Age Spots



Wrinkles

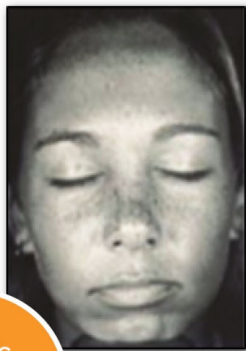
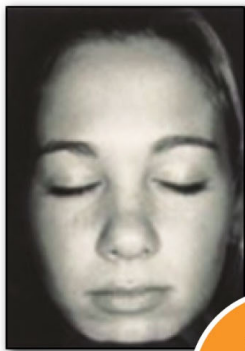
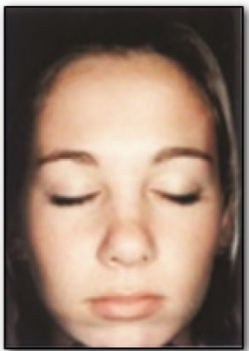


Skin Cancer

UV CAMERA

.....

The **DAMAGE** Beneath Your Skin



She's
only 17!



WHO WILL IT BE?

.....

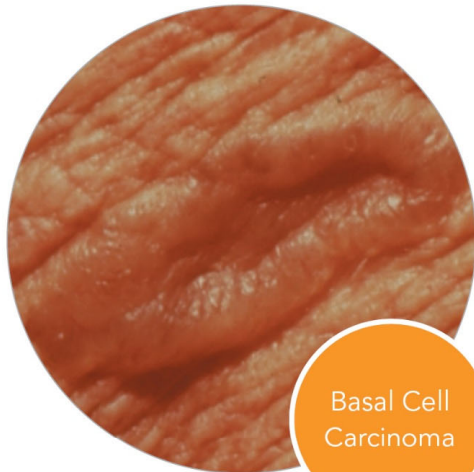
ONE IN FIVE Americans will develop skin cancer in their lifetime.



TYPES OF SKIN CANCER

.....

Research estimates that nonmelanoma skin cancer, including basal cell carcinoma and squamous cell carcinoma, affects more than 3 million Americans a year. More than 1 million Americans are living with melanoma.



Basal Cell
Carcinoma



Squamous
Cell
Carcinoma



Melanoma

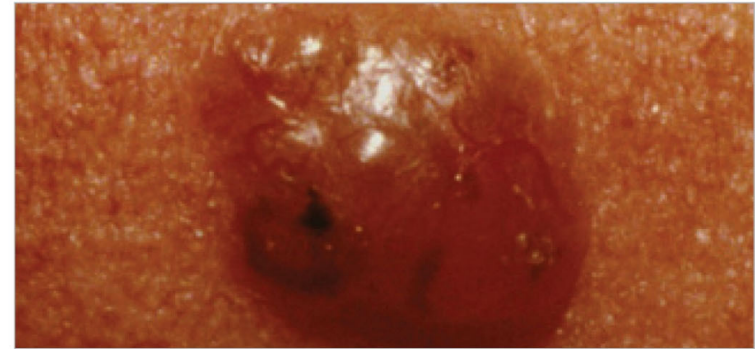
BASAL CELL CARCINOMA

.....

The **MOST COMMON** form
of skin cancer.

Most often appears on sun-exposed
areas such as the **FACE, SCALP, EARS,**
CHEST, BACK, and **LEGS.**

Looks like a **FLESH-COLORED,**
PEARL-LIKE BUMP or a **PINKISH**
patch of skin.



SQUAMOUS CELL CARCINOMA

.....

The **SECOND MOST COMMON**
form of skin cancer.

Tends to form on sun-exposed
areas, such as the **RIM OF THE EAR, FACE,**
NECK, ARMS, CHEST, and **BACK.**

Looks like a **RED FIRM BUMP,**
SCALY PATCH, or a **SORE THAT HEALS**
AND THEN RE-OPENS.



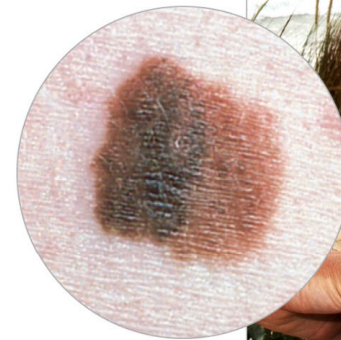
MELANOMA

.....

The **MOST SERIOUS** form of
SKIN CANCER.

Can develop in an **EXISTING MOLE**
or suddenly appear as a **NEW SPOT**
ON THE SKIN.

Most frequently appears on the
UPPER BACK, TORSO,
LOWER LEGS, HEAD and **NECK.**



MELANOMA

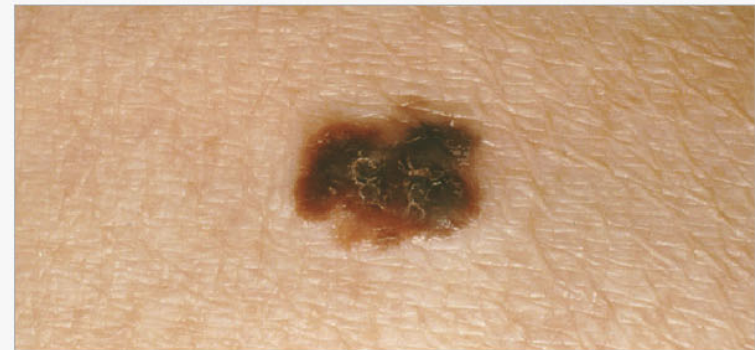
.....



Nearly **20** Americans die from melanoma **EVERY DAY**.



It is the **SECOND** most common cancer in females **15-29 YEARS OLD**.



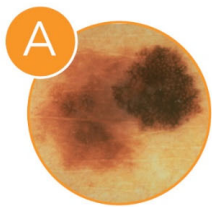
WHO GETS MELANOMA?

.....

Anyone can develop melanoma

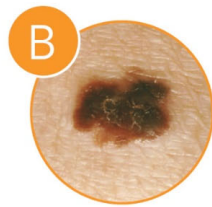


WHAT DOES MELANOMA LOOK LIKE?



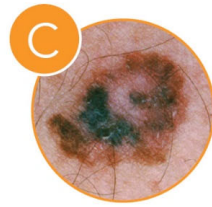
ASYMMETRY

One half is unlike the other half.



BORDER

Irregular, scalloped or poorly defined border.



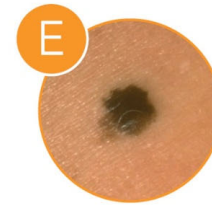
COLOR

Varied from one area to another; has shades of tan, brown or black; sometimes white, red, or blue.



DIAMETER

While melanomas are typically greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



EVOLVING

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:



SCREEN THE ONES YOU LOVE

.....

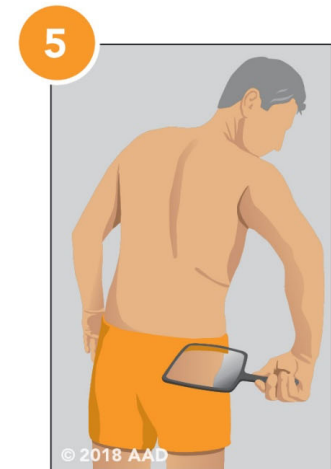
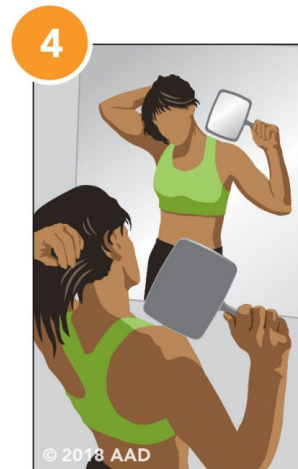
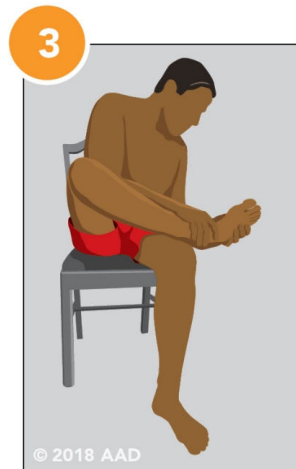
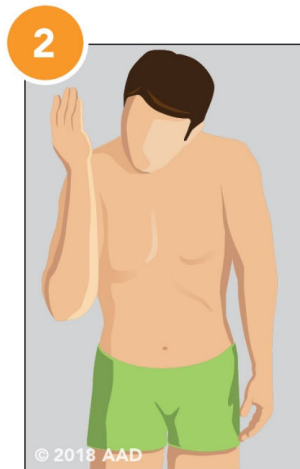
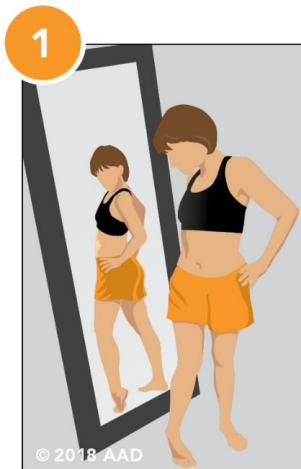
The best way to detect skin cancer early, when it is most treatable, is to perform a skin self-exam on a regular basis.



HOW TO SPOT SKIN CANCER™

.....

The American Academy of Dermatology encourages everyone to check your skin regularly.



PREVENT SKIN CANCER

.....



Seek
Shade



Wear
protective
clothing



Generously
Apply
Sunscreen

WHAT CAN I DO TO PROTECT MYSELF?

.....

The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:

BROAD-SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.



SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

WATER RESISTANT OR VERY WATER RESISTANT

While sunscreens can be “water resistant” (for 40 minutes) or “very water resistant” (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.

PREVENT SKIN CANCER

.....



Use caution around
water, sand and snow



Get vitamin D safely"
to "Get vitamin D from
a healthy diet and/or
supplements



Avoid
tanning beds

QUESTIONS?



SpotSkinCancer.org

SPOT Skin Cancer™

SpotSkinCancer.org

Copyright © by the American Academy of Dermatology and the American Academy of Dermatology Association.