

# Skin Cancer Prevention

## Overview:

### FACTS:

- The incidence of skin cancer is rising.
- The protective ozone layer of the atmosphere is eroding more every year.
- Sunlight is believed to cause 80-90% of all skin cancer.

### WHO IS AT RISK?

- Fair skinned and freckled people.
- People with blue, hazel or green eyes.
- People with a tendency to burn or a history of sunburns.
- People with a family history of skin cancer.

### WHAT CAN YOU DO TO DECREASE YOUR RISK?

- Avoid exposure to the sun between 10am-4pm.
- Apply sunscreen SPF (sun protection factor) 15 or greater, 30 minutes before you go outside everyday. Reapply every 1 ½ to 2 hours.
- Wear sun-protective clothing, i.e., wide brimmed hats; long-sleeved, light-colored shirts and pants
- Do monthly self- mole checks.

### DANGER SIGNS OF SKIN CANCER:

#### *The ABCD's of Melanoma*

Asymmetry- one half unlike the other half

Border- Irregular, scalloped or poorly defined border

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

Diameter- Larger than 6mm (diameter of a pencil)