



## Skin cancer prevention

The most common type of all cancers, skin cancer is the abnormal growth of cells in the skin. It is almost always curable when it is found early and treated. It is important to see your doctor if you have changes in your skin.

### What are risk factors?

- The greatest risk is ultraviolet (UV) radiation. It comes from sun exposure (especially midday) and from artificial UV sources such as indoor tanning.
- Light skin that sunburns easily means you are more likely to get skin cancer.
- Your risk is higher if you are male or if you are over age 40. Your risk is also higher if others in your family have had it or if you have had it before.

**Early detection:** The ABCDEs of melanoma skin cancer are:

- **Asymmetry:** One half doesn't match the appearance of the other half.
- **Border irregularity:** The edges are ragged, notched or blurred.
- **Color:** The color/pigmentation is not uniform. Tan, brown and black shades are present. Dashes of red, white and blue add to a mottled appearance.
- **Diameter:** The size of the mole is greater than 1/4 inch (6 mm), about the size of a pencil eraser. Any growth of a mole should be evaluated.
- **Evolution:** There is a change in the size, shape, symptoms (such as itching or tenderness), surface (especially bleeding) or color of a mole.

Source: Healthwise.net