

# WHAT TO KNOW ABOUT Skin Cancer Screening

Skin cancer is a disease where cancer cells form in the skin. There are a few types of skin cancer. The most dangerous is melanoma. It is important to pay attention to changes in your skin, take steps to lower your risk, and talk with your doctor about screening for skin cancer.

## SCREENING RECOMMENDATIONS

Huntsman Cancer Institute recommends **all adults discuss melanoma and skin cancer screening with their doctor**. Some factors increase your risk. Talk with your doctor if any of the following are true:

- You have a personal history of tanning bed use
- You have a personal history of melanoma or other skin cancer
- You have a family history of melanoma
- You have odd-looking moles or more than 25 moles

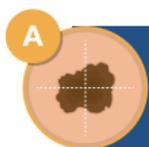
**Check your skin monthly** to get familiar with your own moles and freckles so you can notice any changes if they occur.

## HOW TO CHECK YOUR SKIN

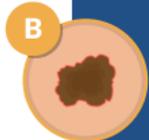
- 1 Check your skin completely: look at both sides of your body with your arms raised and lowered.
- 2 Use a mirror for areas that are hard to see, or use a buddy.
- 3 Look at the backs of your legs, the bottoms of your feet, and between your toes.
- 4 Don't forget to check your scalp. You can ask your hairstylist or barber to help.



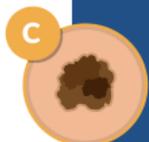
## USE THE ABCDE RULE TO HELP REMEMBER WHAT TO LOOK FOR ON YOUR MOLES:



**A** **ASYMMETRY:** one half unlike the other half



**B** **BORDER:** jagged or bumpy borders



**C** **COLOR:** extra-dark or several different colors



**D** **DIAMETER:** larger than the size of a pencil eraser (1/4 inch)



**E** **EVOLVING:** new, itchy, or bleeding; growing or shrinking; changing in color or shape

Be aware of moles that don't look like any other mole on your body. If you notice any of these moles or any sores, bumps, spots that look waxy, or scaly patches that do not heal within a month, visit a dermatologist.

## HOW TO PREVENT SKIN CANCER



Embrace your natural skin color. Avoid tanning beds, sunlamps, and laying out in the sun.



Avoid the strongest sun rays, which happen between 10 a.m. and 4 p.m.

Apply SPF 30+ broad-spectrum sunscreen.

Apply sunscreen 20 minutes before going outside and reapply often.



Wear sunglasses.



Cover your skin with long sleeves and long pants.

Stay in the shade.



Put on a hat.

**QUESTIONS?**

**1-888-424-2100**

**HUNTSMANCANCER.ORG/SCREENING**

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