

## Skin Cancer Detection and Prevention Month

### What Is Skin Cancer?

- Skin cancer begins in the epidermis (upper or outer layer), which is made up of three kinds of cells - Squamous, Basal, Melanocytes
- Basal and squamous cell carcinomas are the two most common types of skin cancer. Both can usually be cured, but they can be disfiguring and expensive to treat.
- Melanoma, the third most common type of skin cancer, begins in the melanocytes. Melanoma causes the most deaths because of its tendency to spread to other parts of the body, including vital organs.

### What Are the Symptoms?

- A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same.
- A simple way specifically for melanomas are A-B-C-D-Es
  - **Asymmetrical:** Does the mole or spot have an irregular shape with two parts that look very different?
  - **Border:** Is the border irregular or jagged?
  - **Color:** Is the color uneven?
  - **Diameter:** Is the mole or spot larger than the size of a pea?
  - **Evolving:** Has the mole or spot changed during the past few weeks or months?

### How to Reduce the Risk?

- **Practice Sun Safety**
  - Stay in the shade.
  - Wear clothing that covers your arms and legs.
  - Wear a hat with a wide brim to shade your face, head, ears, and neck.
  - Use a broad spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.
- **Avoid Indoor Tanning**

Source:

<https://www.cdc.gov/cancer/skin/index.htm>



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