

Check skin regularly for signs of skin cancer



Examine your body front and back in the mirror, then right and left sides with arms raised. Women should look under their breasts.



Bend elbows and look carefully at forearms, upper under arms, and palms.



Look at the backs of your legs and feet, the spaces between your toes, and on the soles. If you cannot see all parts of your feet, use a hand-held mirror.



Examine the backs of your neck and scalp with a hand mirror. Part your hair to examine the entire scalp.



Finally, check your back and buttocks with a hand mirror.

Remember, to do an effective skin cancer check you will need a well-lit private room, full length mirror, and a hand held mirror. Also, make note of moles and other skin marks. See a dermatologist right away if you see any changes in moles, skin color or texture.

Who's At Risk For Skin Cancer?

In a word, *everyone*. But here are some other factors that may put you at higher risk.

- Caucasians or people with light skin and hair.
- People who freckle or burn easily.
- Had a family member who's had skin cancer.
- Spend a lot of time in the sun throughout your life.
- Had a blistering sunburn or five or more minor sunburns as child or teen.
- Have blue, green or gray eyes.

For more information about skin cancer please visit the websites listed below or visit www.medlineplus.com click on health topics and type in skin cancer in the search area.

Information and pictures courtesy of

American Academy of Dermatology www.aad.org

American Cancer Society www.cancer.org

Mayo Foundation for Medical Education and Research
www.mayoclinic.com

National Cancer Institute www.cancer.gov

The Cleveland Clinic www.clevelandclinic.org

WARREN COUNTY HEALTH
SERVICES
518-761-6580

The Dark Truth about Tanning

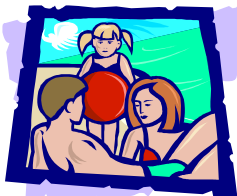


**An unhealthy way to
look healthy**

The information contained in this brochure is for educational purposes only. The information should not be used as substitute for professional medical advice. If you experience any of the symptoms described in this brochure, see your doctor or dermatologist immediately.

Tanning Facts

- There is no safe tan.
- A tan is an injury to the skin caused by too much UV exposure.
- Despite claims, tanning bed tans are no safer than a suntan.
- Tanning can lead to wrinkles, sagging and prematurely aged skin, and skin cancer.
- Tanning and sunburns as a youngster greatly increase a person's risk for skin cancer.



Skin Cancer: Deadly Serious

Skin cancer is the most common type of cancer in the United States. There will be over 1 million new cases in 2007. Although many people believe more women than men get skin cancer, just the opposite is true.

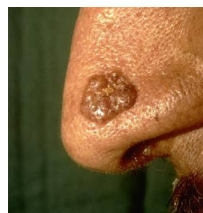
Ninety-percent of skin cancer is caused by too much UV exposure. That means that 90% of skin cancer is preventable.

Just as important as preventing skin cancer, is being able to recognize it. Skin cancer has a 95% cure rate when caught early, but treatment may lead to lasting scars and yearly skin checks by a doctor.

What To Look For

There are three types of skin cancer. The first two are the most common, most easily treated and rarely fatal.

Basal Cell Carcinoma— slow growing. Rarely spreads to other parts of the body. Usually occurs on parts of the body exposed to the sun (head, neck, lips, face, hands, and arms).



Squamous Cell Carcinoma— Caused by exposure to UV rays. Spreads easier than basal cell carcinoma, but spreading to other parts of the body is still rare.



Signs and Symptoms:

- A new growth or a wound that won't heal.
- Red or brown scaly patch of skin.
- A lump that bleeds or has a crust or scab.

Melanoma

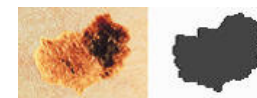
the third and most deadly form of skin cancer

- The rarest form of skin cancer.
- The number of new cases a year has increased 690% since 1950.
- Causes 73% of all skin cancer deaths.
- Has been linked to excessive sun exposure during adolescence (first 10 to 18 years of life).

Identifying Melanoma

Melanoma can occur anywhere at anytime on the body, but usually occurs at or near moles. Identifying melanoma is as easy as ABCD. So know where your moles are on your body and look for these warning signs:

Asymmetry—One half of the mole doesn't match the other half.



Border irregularity—The edges of a mole are ragged, notched or blurred.



Color—The pigmentation is not uniform. The mole has shades of tan, brown or black. Look for dashes of red, white, and blue in the moles appearance.



Diameter—Look for a mole that is wider than a pencil eraser. Or, if you notice a change in a mole or it starts to itch or bleed, even if it is smaller than a pencil eraser, see a doctor right away.



Preventing Most Skin Cancer is Easy

- Limit sun exposure and avoid tanning beds.
- Use a broad spectrum sunscreen with an SPF 15 when in the sun.
- Wear clothes that block the sun's UV rays.
- If you like the look of a tan, try spray-on tans. They seem to be safer than other tanning methods.
- Do skin cancer checks at least twice a year and more frequently if you spend a lot of time in the sun.