

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.

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



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Warren County Health Services
Division of Public Health

The Dark Truth about Tanning

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Warren County Health
Services

The Dark Truth about Tanning



An Unhealthy way to
look Healthy..

Phone: 518-761-6580

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.

Whose at Greater Risk?

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

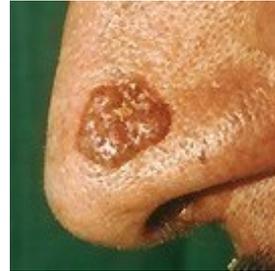
- Caucasians or people with light skin and hair.
- People who freckle or burn easily.
- Had a family member who's had skin cancer.
- Spend a lot of time in the sun throughout your life.
- Had a blistering sunburn or five or more minor sunburns as child or teen.
- Have blue, green or gray eyes.



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 amount of new cases a year since 1950 has increased by 690%
- 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

NORMAL		CANCEROUS
	A: ASYMMETRY If you draw a line through the centre of the lesion, the two halves of a melanoma won't match.	
	B: BORDER IRREGULARITY The border of a melanoma is irregular, typically geographic: peninsulas, bays, islands.	
	C: COLOUR VARIEGATION Healthy moles are a uniform colour. A variety of different colours in the same lesion is suspicious.	
	D: DIAMETER > 6 MM Greater than 6 mm is suspicious, although melanomas can be smaller.	
	E: EVOLVING Recent change in size, shape or colour, or bleeding or scabbing are suspicious.	

Effective Ways to Prevent Skin Cancer

- Limit Sun Exposure
- Avoid Tanning Beds
- Use a broad spectrum SPF 15 or higher when in the sun
- Do skin cancer checks at least twice a year, more if you are in the sun often
- Wear clothing that can help block the Sun's UV rays