



SKIN HEALTH

What is Skin Cancer?

Skin cancer is the abnormal growth of skin cells. Skin cancer is a very common type of cancer. It is very important to know the signs of skin cancer so you can go to your doctor right away to get it checked out. If it is found early, and treated, most people are cured from skin cancer. Taking steps to prevent skin cancer will decrease the likelihood of you getting it.

When to See a Doctor:

- The most common warning sign is a change in the appearance of the skin. This can include a new growth on the skin or a sore that won't heal.
- A mole that changes in color, size, feel, or begin to bleed.
- Unexplained changes to the skin that last longer than two weeks.

Who Can Get Skin Cancer?

Anyone can get skin cancer; however, some things make people more at risk.

- A lighter skin color
- A family history of skin cancer
- A history of sunburns
- Lots of exposure to the sun
- Skin that burns, freckles, or gets red easily
- People who have many moles or abnormal moles

Ways to Prevent Skin Cancer:

- Stay in the shade, especially during midday hours. (10:00am–4:00pm)
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade face, head, ears, and neck.
- Wear sunglasses to protect the skin around your eyes.
- Avoid tanning beds and sun lamps.
- Be aware that some medications make you more sensitive to the sun, such as antibiotics.
- Ask your doctor and pharmacist about medicines you take.

Sunscreen Safety

- Due to the risk of inhalation or the possibility of missing a spot, it is recommended to avoid all sunscreen sprays and powders containing SPF.
- Use sunscreen with a sun protective factor (SPF) 15 or higher.
- Be sure to check your sunscreens lotion rating.

Vitamins

The sun is a good source of vitamin D, but there are other ways to get vitamin D. Here are some other options:

- Eat foods high in Vitamin D: Fatty fish, milk, orange juice, cheese & egg yolks.
- Take vitamin D supplements.

Skin Care

- Carefully examine all of your skin once a month.
- A new or changing spot should be evaluated.
- Early detection of melanoma can save your life.