



Skin cancer accounts for more than one million cancers in the United States every year, more than collective cancers of the prostate, breast, lung, colon, uterus, ovaries, and pancreas. There are different types of skin cancer: melanoma and non-melanoma. Melanoma is the more serious, but less common type of skin cancer. According to the American Cancer Society, melanoma accounts for a small percentage of skin cancer cases, but causes most skin cancer deaths. Fortunately, when detected early and treated properly, both melanoma and non-melanoma skin cancers are highly curable.

RISK FACTORS

- › Unprotected or extreme exposure to ultraviolet (UV) radiation
- › Having multiple or atypical moles
- › Family history of skin cancer
- › Experiencing severe sunburns as a child
- › Having a fair complexion

PREVENTION

The best ways to lower the risk of non-melanoma skin cancer are to avoid intense sunlight for long periods of time and to practice sun safety, according to the American Cancer Society (ACS). The ACS recommends the following ways to practice sun safety.

- › Avoid the sun between 10:00 a.m. and 4:00 p.m.
- › Look for shade, especially in the middle of the day when the sun's rays are the strongest.
- › Cover up with protective clothing to guard as much skin as possible when you are out in the sun.

- › Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher. Apply a generous amount of sunscreen and reapply after swimming, drying off with a towel, or perspiring.
- › Use sunscreen even on overcast days. UV rays can travel through clouds.
- › Cover your head with a wide-brimmed hat, shading your face, ears, and neck.
- › Wear sunglasses with 99% to 100% of UV absorption to provide optimal protection for the eyes and surrounding skin.
- › Avoid other sources of UV light. Tanning beds and sun lamps are dangerous because they can damage your skin.

SYMPTOMS AND EARLY DETECTION

You should have your skin examined as part of a regular cancer-related check-up, as well as checking your own skin monthly. Signs of skin cancer include: new growth; any change in the size or color of a mole or other dark spot or growth; change in sensation such as pain or tenderness; change in appearance of a bump; and spread of pigmentation beyond the border of a mark or a mole.

Regular examinations of the skin lead to early detection and successful treatment of most skin cancers.

**DON'T LET CANCER
GET UNDER YOUR SKIN**



LOVE the skin you're in

HEALTHY SKIN HABITS FOR LIFE:

As much as everyone loves the sun, the fact is it can be dangerous if you don't take precautions to protect your skin. Log on to www.chomp.org and check out a fun, interactive sun safety tool. Search "Sun Safety" and play the game to learn the risk factors for skin cancer and how to protect yourself from the sun. Your kids can play, too!



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