

Who is at Greater Risk for Developing Melanoma (Skin Cancer)?

Melanoma can affect people of every race and ethnic group, but people with the following characteristics are at an increased risk.

- Fair colored skin that burns or blisters easily
- Blond or red hair
- Blue, green, or gray eyes
- Excessive sun exposure during childhood and teen years, blistering and sunburns before age 20
- Family history of melanoma
- More than 100 moles, or 50 if you are under age 20



The Community Cancer Center, a joint venture of BroMenn Healthcare and OSF St. Joseph Medical Center, combines the resources of both to meet its mission of improving the health status of individuals by providing comprehensive, community-based cancer care. Services are available for individuals and families within McLean County and its six surrounding counties.

Aimed at better serving the present and future needs of area cancer patients and their families, the Center focuses on out-patient care and includes services such as:

- Medical oncology
- Radiation oncology
Cyberknife Service
- Nutrition
- Social work
- Coordination for multidisciplinary treatment planning
- Community education
- Promotion of prevention, early detection and screening
- Library
- Cancer registry
- Support groups



COMMUNITY CANCER CENTER

407 East Vernon Avenue, Normal, IL • 309-451-8500
www.cancercenter.org

A collaboration of



COMMUNITY CANCER CENTER

Skin Cancer

Screening Guidelines



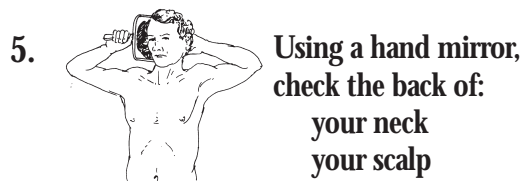
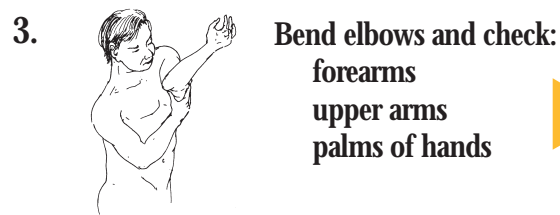
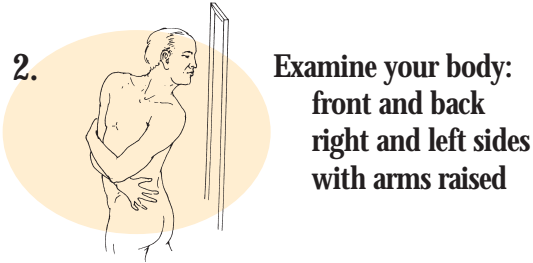
Developed by
The Clinical Practice Committee
of the Community Cancer Center

Recommended Screening Guidelines for Skin Cancer

Skin Self Exam

Monthly examination of your skin could be useful in the early detection of skin cancer. To perform a self-exam, the American Academy of Dermatology recommends the following:

1. Remove all your clothing and have good lighting available.



Make a note of where your moles, freckles, blemishes, and other markings are located and what they look like.

Report changes in the size, shape, or color of an area or development of new characteristics such as repeated bleeding, itching, or soreness that does not go away.

In addition, talk to your healthcare provider about a skin examination as part of your annual health evaluation.

How to Lower Your Skin Cancer Risk

More than 90 percent of all skin cancer is caused by over exposure to the sun. The UVB rays, burning rays, of the sun are considered the main cause of skin cancer but the UVA rays, aging rays, also add to the damage by promoting skin cancer, wrinkling, and premature aging.

- Avoid the sun between 10:00 am and 4:00 pm when the rays are the strongest.
- Use a broad spectrum sunscreen product that provides both UVA and UVB Protection. Sunscreen should have a Sun Protection Factor (SPF) of 15 or greater.
- Apply sunscreen 20-30 minutes before going outside. For most people, a couple of tablespoons of sunscreen cover exposed skin but people often use half of what is needed.
- Don't forget to apply sunscreen to the ears, nape of neck, tops of feet, back of hands & part in hair.
- Use a lip balm with an SPF 30 on lips and re-apply often.
- Wear protective clothing such as wide brim hats, sunglasses, tightly woven long-sleeved shirts, or pants to reduce sun exposure.
- Protect your children from the sun and teach them sun safety.
- Stay out of tanning beds.
- Artificial tanning lotions are a safe alternative to tanning.

Possible Signs/Symptoms of Skin Cancer

There are three major types of skin cancer:

1. **Basal Cell Carcinoma** is the most common form of skin cancer. It may appear as:

- A flesh colored bump or nodule
- It may bleed, heal, then bleed again
- Common sites include head, neck, or hand



2. **Squamous Cell Carcinoma** is the second most common form of skin cancer. It may appear as:

- A bump or red scaly patch
- Common sites include: the ear, face, lip, and mouth



3. **Malignant Melanoma** is the most serious form of skin cancer. It may:

- Arise from or near a mole
- The color may include streaks of tan, brown, black, red, white, and blue
- The size may become larger than a pencil eraser
- Common sites include the upper back, torso, lower legs, head, or neck



Learning the ABCD's of Moles and Melanoma

A key to Melanoma is to catch it early. While completing your skin self exam learn to watch for the following:

A. **Asymmetry**
One half of the area does not match the other half. (Common moles are generally symmetrical)



B. **Border**
The border or edge of the area is uneven, ragged or scalloped. (Common moles have even borders)



C. **Color**
The color of the area is not uniform. Look for varied shades of brown, tan or black. Red, white or blue may also appear. (Common moles are generally a single shade of brown)



D. **Diameter**
The width becomes larger than the size of a pencil eraser. Any growth of a mole should be of concern.



These guidelines were developed after a detailed review of the current screening standards from the American Cancer Society, the American Academy of Dermatology and the National Comprehensive Cancer Network. The information provided here is intended to serve as a general resource and should not replace checkups by your healthcare provider.