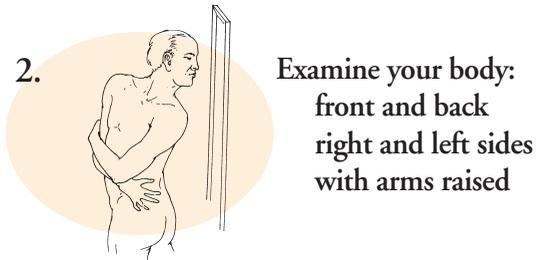


Recommended Screening Guidelines for Skin Cancer

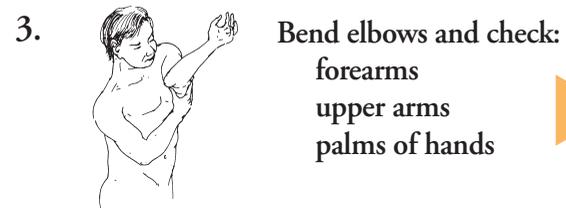
Skin Self Exam

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:

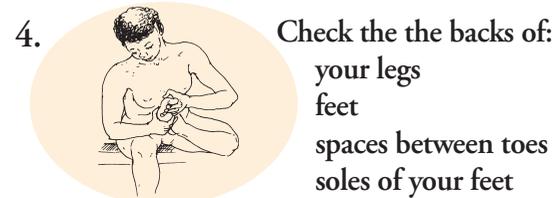
1. Remove all your clothing and have good lighting available.



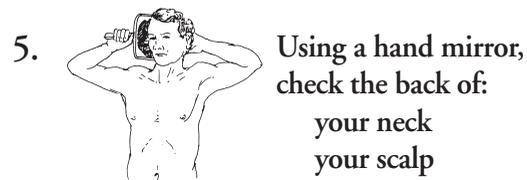
2. Examine your body:
front and back
right and left sides
with arms raised



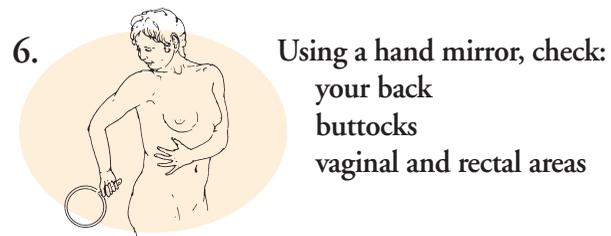
3. Bend elbows and check:
forearms
upper arms
palms of hands



4. Check the the backs of:
your legs
feet
spaces between toes
soles of your feet



5. Using a hand mirror,
check the back of:
your neck
your scalp



6. Using a hand mirror, check:
your back
buttocks
vaginal and rectal areas

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 30 or greater.
- Apply sunscreen 20-30 minutes before going outside. One ounce of sunscreen is the recommended amount.
- Reapply sunscreen roughly every 2 hours or after swimming or sweating.
- 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.
- Avoid using 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:

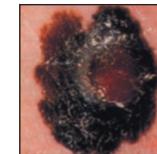
- A bump or red scaly patch
- Common sites include: the ear, face, lip, and mouth



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

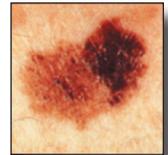


Learning the ABCDE's of Moles and Melanoma

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)



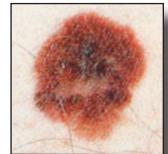
B. Border

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.



E. Evolving

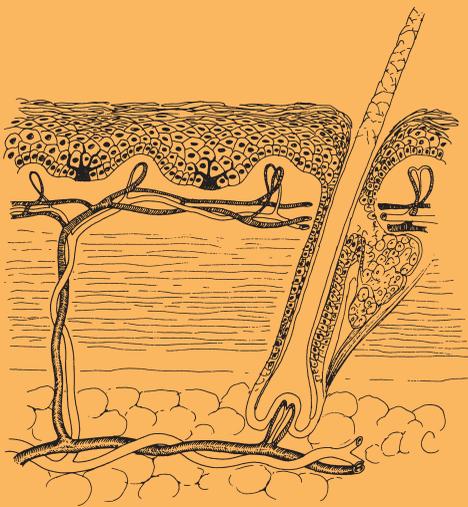
The mole or lesion is changing in shape, size or color.

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.

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 Dangers of Indoor Tanning

The incidence of melanoma, the most serious form of skin cancer, is on the rise nationally and locally. According to the American Academy of Dermatology, melanoma is now the most common form of cancer for people aged 25-29 and the second most common cancer for young adults between the ages of 15-29.

Ultraviolet radiation (UVA and UVB rays) from the sun and tanning beds is a known risk factor for the development of skin cancer.

- The World Health Organization's International Agency for Cancer Research declared radiation from tanning devices as "carcinogenic" or cancer causing to humans. Other agents with this same rating include cigarettes, plutonium and mustard gas.
- According to the American Academy of Dermatology, people that use tanning beds before the age of 35 have a 59% increased risk for melanoma. Excessive exposure to UV radiation from indoor tanning devices can also lead to premature aging of the skin, damage to the eye, and suppression of the immune system.

To reduce your risk of skin cancer, follow the recommendations outlined in this brochure.



COMMUNITY
CANCER CENTER

407 East Vernon Avenue • Normal, Illinois 61761

309-451-8500

www.cancercenter.org

A collaboration of



COMMUNITY CANCER CENTER

Skin
Cancer

Screening Guidelines

