

SKIN CANCER RISK FACTORS

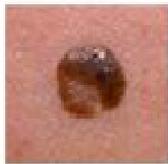
- A lighter natural skin color
- A family history of skin cancer
- A personal history of skin cancer
- Exposure to the sun through work and play activities
- A history of sunburns early in life
- Skin that burns, freckles, reddens easily
- Blue or green eyes
- Blond or red hair
- Certain types of moles and/or a large number of moles



There are three main types of skin cancer, Basal Cell Carcinoma, Squamous Cell Carcinoma and Melanoma. More than 1 million cases of skin cancer are diagnosed each year. Most cases are Basal Cell and Squamous Cell carcinomas, which are generally not life threatening. Approximately 60,000 cases of melanoma are diagnosed, which is the most serious type of skin cancer. Early detection is the best defense.

MELANOMA ALERT!

Know the ABCD Method to help detect Melanoma:



➔ **A Asymmetrical** – sides of the mole do not match



➔ **B Border** – edges appear uneven or faded



➔ **C Color** – appear uneven with varied shades of brown, tan or black



➔ **D Diameter** – mole is larger than 6mm (about the size of a pencil eraser)