

Preventing skin cancer

Get to know your skin

Have you looked closely at your skin lately? It's one of the best ways to spot early skin changes that may mean cancer, or may turn into a cancer. Try to check your skin once a month. This will help you stay on top of your health and enjoy peace of mind.

What to look for

Skin cancer often appears on the trunk of men and on the legs of women. You might want to start there, and then look at the other parts of your body.

- Look for any new skin growth—or any change in a skin growth
- Check for any area of injured skin that does not heal
- Have your spouse or a close friend help you check your skin. This is the best way to check places that are hard to see, such as your scalp and back
- Have your doctor check your skin during health exams

The ABCDEs of early detection

There are warning signs for skin cancer. Check for these changes in a mole or skin growth:

- **A**symmetry: One half doesn't match the other half
- **B**order irregularity: The edges are ragged, notched, or blurred
- **C**olor: The skin color is not uniform. Shades of tan, brown, and black are present. Dashes of red, white, and blue add to the mottled appearance
- **D**iameter: The size of the mole is greater than $\frac{1}{4}$ of an inch, or about the size of a pencil eraser
- **E**volution: There is a change in the size, shape, or symptoms of the growth



**Skin cancer
can be cured if
found and
treated early**

See other side for tips on skin safety in the sun

Protecting your skin from the sun

Shade

When you can, seek shelter from direct sunlight. This could be under an umbrella, a tree, or other shelter.



Clothing

At the beach, wear a T-shirt or a beach cover-up. At other times, try wearing long-sleeved shirts and long pants.



Hat

For the most protection, wear a hat with a brim all the way around. It should shade your face, ears, and the back of your neck.



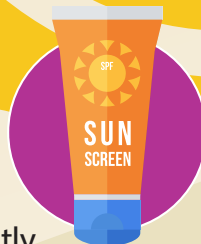
Sunglasses

Wearing sunglasses protects your eyes from UV rays and reduces the risk of cataracts. Wrap-around sunglasses work best.



Sunscreen

Before you go outside, put on a sunscreen with at least SPF 15. Do this on even slightly cloudy or cool days.



Sources:

Skin Cancer, Melanoma. MyActiveHealth. Available at: <https://www.myactivehealth.com/hwcontent/content/major/hw206547.html#hw206550> Accessed May 25, 2017.

Sun Safety. CDC. Available at: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm Accessed May 25, 2017.

This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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