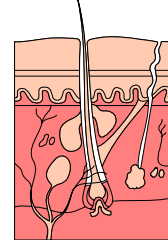


# Skin Cancer



## What is it?

**\*Skin Cancer**- most common type of cancer, tend to bleed, open sores that do not heal, usually slow-growing but can develop suddenly and grow quickly

## Signs and Symptoms:

**\*Change in skin or mole**- shape, border, color, size, appearance

**\*Characteristics**- scaly, itching, tender, pain, oozing, bleeding, spreading to the surrounding area/s



## Facts:

**\*Skin Cancer**- caused by sun damage, where sun exposure is the greatest  
-arms, face, neck area

**-Treatment**- easy if caught early with surgical removal

**\*More Likely to Develop**- blue eyes, light skin, fair complexion

**-usually nonmelanoma (squamous and basal cell cancer)**- usually not life threatening

**\*Melanoma**- serious type of skin cancer that can spread (metastasize) to bones or other organs of the body, can be life threatening

**\*Areas that get overexposure to the sun**- face, neck, ears, hands, arms, chest, back

**\*Cured**- 85 to 95% of cases, 1% of cancer deaths

## What can I do?

**\*See your Physician**- tell if a family history of malignant melanoma

**\*See RD for help as needed**

**\*See FFF RD on line for help**

**\*Avoid**- sunlamps, over exposure to the sun, most damaging sun exposure has occurred by 20-22 years of age, severe sunburn, repeated sun exposure

**\*Examine**- for unusual or abnormal spots, molds, sores, bumps or areas that do not heal, report any changes to your Physician

**\*Always**- wear hats, wear covers, drink lots of water, wear sunglasses

**\*Sunscreen**- apply generously over the entire body, reapply every 2 hours, every hour if swimming, 30 or higher SPF sunscreen

