

## Skin Cancer Awareness

With the warmer weather upon us and people are spending more time outdoors, it's important to stock up on sunscreen, learn how to identify skin cancer and get a full body skin check by a dermatologist.

Skin cancer is the most common of all cancers—with 1 in 5 Americans developing some type of skin cancer in their lifetime. Sadly, more than two people die of skin cancer every hour in the U.S. with skin cancer cases growing at an alarming rate.

## Skin Cancer Types and Symptoms

### Basal Cell Carcinoma (BCC)

- BCC is the most common type of skin cancer and usually develops after years of frequent sun exposure or indoor tanning.
- BCC can look like a pearly or waxy bump, a flat flesh colored or brown scar like lesion, or a bleeding and scabbing sore that heals and returns.
- BCC commonly occur on the head, neck and arms.
- Early diagnosis and treatment for BCC is *important*. BCC can grow deep and penetrate your nerves and bones.



### Squamous Cell Carcinoma (SCC)

- People with light skin are most likely to develop SCC, but can develop in people with darker skin too.
- SCC looks like a red firm bump, scaly patch or a sore that heals then re-opens.
- SCC tends to occur in areas that have the most sun exposure, such as rim of the ear, face, neck, arms, chest and back.
- Early diagnosis and treatment of SCC is important as it can grow deep into the skin and spread to other areas of the body.

## Melanoma

- Because melanoma is considered the most serious skin cancer and has a tendency to spread, an early diagnosis and treatment are crucial.
- Melanoma can develop within a mole that you already have or can appear as a dark spot on your skin that looks different from the rest.
- Melanoma often affects men on the face or trunk while in women, it most often develops on the lower legs.
- In people with darker skin tones, melanoma tends to occur on the palms, soles or under the fingernails and toenails.
- It is important to know the ABCDE's of malignant melanoma. **A**symmetry: One side of the mole doesn't look like the other. **B**order irregularity: The border of your mole may be notched or irregular. **C**olor: Melanomas are often a mixture of black, tan, brown, blue, red, or white. **D**iameter: Cancerous moles can be larger than 6 millimeters across (about the size of a pencil eraser). **E**volution: Has the mole changed?

## Skin Cancer Prevention

Tips to protecting yourself from skin cancer include:

- Avoid being outdoors when the sun's rays are the strongest between 10 a.m. and 4 p.m. It is important to keep in mind that even in the winter or when it's cloudy, the clouds offer little protection from the sun's damaging rays.
- Wear sunscreen all year round. Use a broad-spectrum sunscreen with an SPF of at least 30 and reapply every two hours. Apply the sunscreen generously and more often if you are swimming or perspiring. Don't forget to apply sunscreen to your lips, ears, and the back of your hands, feet, and neck.
- Be aware of medications that put you at risk for burning. Prescription and over the counter medications can put you at risk for a sunburn and cause you to be more sensitive to the sun.

<https://www.aad.org/public/diseases/skin-cancer/types/common>

<https://www.mayoclinic.org/diseases-conditions/skin-cancer/symptoms-causes/syc-20377605>

<https://images.search.yahoo.com/search/images>



**CATHOLIC  
MUTUAL GROUP**