

May Is Skin Cancer Awareness Month



Visit one of our Skin Cancer Awareness onsite events in May to talk to a physician from Doctors Medical Center about skin cancer symptoms and prevention.

Date	Time	Location	Room
May 8	9 - 11 a.m.	CSA	Large Training Room
May 9	9 - 10 a.m.	10th Street Place	Lower Level Training Room
May 9	2 - 3 p.m.	HSA	Martin Conference Room

According to the American Cancer Society, skin cancer is the most common form of cancer in the United States. The good news is that it is also one of the most preventable and treatable forms of cancer when detected early. You can do a lot to protect yourself from UV rays and catch skin cancer early so it can be treated with success.

Here's how you can help reduce your risk of skin cancer:

- **Shade** – Minimize sun exposure between 10 a.m. and 4 p.m. when UV rays are strongest. If your shadow is shorter than you, seek shade.
- **Sunscreen** – Apply a generous amount of sunscreen before you go outside. Use water-resistant, broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Reapply every 2 hours, even on cloudy days, and after swimming or sweating.
- **Protection** – Wear clothing that covers your body and shades your face.
- **Eyes** – Wear sunglasses with a UV coating (the label should say 100% UVA/UVB protection).
- **Tanning** – Don't use sunlamps or tanning beds.

These steps will help you reduce your risks of cancer, premature aging of the skin and other harmful effects. Exams by your doctor and checking your own skin regularly can help find many skin cancers early, when they're easiest to treat.



The ABCDEs of melanoma can help you detect skin cancer yourself:

- **Asymmetry** – One half is unlike the other half.
- **Border** – An irregular, scalloped or poorly defined border.
- **Color** – Is varied from one area to another; has shades of tan, brown, black or is sometimes white, red or blue.
- **Diameter** – Melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.
- **Evolving** – A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

If you identify any of the above or have a spot that changes, itches or bleeds, you should make an appointment to see a dermatologist.

