

# skin cancer screening

## Spot Cancer Early: Sunspots or Skin Cancer?

**H**ave you ever looked at your arm and noticed something new? A small spot, or dark brown mole that was not there before? *Sunspots*, also known as liver spots, are flat brown spots that develop on areas of your skin that are exposed to the sun. They have nothing to do with your liver, are non-cancerous, and don't pose any risk to your health.

*Skin cancer*, however, is the most common type of cancer, it can look completely harmless making it hard to detect. Follow the ABCDEs of skin cancer to make spotting skin cancer easy as you check your own body:



# A

### ASYMMETRY

One half of a mole or birthmark does not match the other

# B

### BORDER

The edges are irregular, ragged, notched, or blurred.

# C

### COLOR

The color is not the same all over and may include different shades of brown or black, or sometimes with patches of pink, red, white, or blue.

# D

### DIAMETER

The spot is larger than 6 mm across (*about 1/4" or pencil eraser size*), although melanomas can sometimes be smaller than this.

# E

### EVOLVING

The mole is changing in size, shape, or color.

## DO A SKIN SCAN!

Make checking your body for skin cancer a regular part of your shower routine. Use these tips to make sure you are checking every part of your body:

- Examine your body in a full-length mirror
- Look under your arms, on your palms, back of arms, and armpits
- Check the backs of your legs, on your feet, between your toes, and on your soles
- Use a hand mirror to look at the backside of your body from your scalp to your buttocks

## Who is at Risk?

Skin cancer can affect **anyone**, no matter what your skin color is. Everyone should practice sun safety by wearing protective clothes, applying sunscreen often when spending all day outside, and seeking shade whenever possible. Protecting your skin from the sun can reduce your risk of developing skin cancer, sunburn, and premature skin aging like age spots, sagging, and wrinkles. If you've had skin cancer, sun protection can reduce your risk of getting another skin cancer.

**Routine skin screenings can save lives. Dermatologists recommend a skin screening EVERY YEAR (every 6-12 months for higher risk individuals).**

