



Treatment:

Treatment for skin cancer depends on the type and stage of the disease, the size and place of the tumor, and your general health and medical history. In most cases, the goal of treatment is to remove or destroy the cancer completely. Most skin cancers can be cured if found and treated early.

***See your doctor if you notice any changes on your skin, such as new moles, growth of pre-existing moles, sores, or skin discoloration.**

Self Examination:

Examine your skin from head to toe each month, and have an annual physical



1 Examine body front and back in mirror, then right and left sides, arms raised.

2 Bend elbows, look carefully at forearms, back of upper arms, and palms.

3 Look at backs of legs and feet, spaces between toes, and soles.



4 Examine back of neck and scalp with a hand mirror. Part hair and lift.



5 Finally, check back and buttocks with a hand mirror.

Facts:

Skin cancer is the most common form of cancer in the United States

In NJ, Cape May County has the highest incidence of melanoma in men and the 2nd highest incidence of melanoma in women

1 in 5 Americans will develop skin cancer in their lifetime

Getting one sunburn doubles your chances of getting melanoma

Source: Skin Cancer Foundation, 2013

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Cape May County
Department of Health

*Reduce Your
Risk of:*

SKIN CANCER



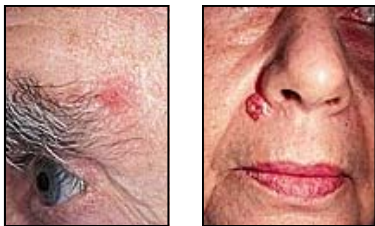


What is Skin Cancer?

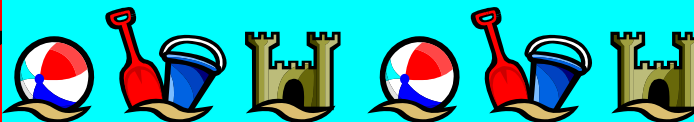
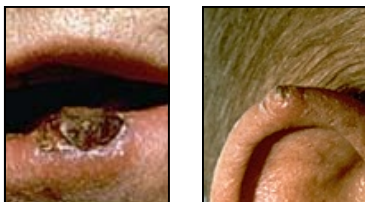
- The abnormal growth of skin cells—most often develops on skin exposed to the sun, but it can also develop on skin *not* exposed to the sun.
- There are 3 major types of skin cancer: Basal Cell Carcinoma, Squamous Cell Carcinoma and Melanoma.
- Basal Cell and Squamous Cell Carcinomas are more common and treatment is usually very effective; malignant Melanoma is rare but very serious and can be more difficult to treat.

Signs & Symptoms:

Basal Cell Carcinoma—often looks like open sores, red patches, pink growths, shiny bumps, or scars.



Squamous Cell Carcinoma—often looks like scaly red patches, open sores, elevated growths with a central depression, or warts; they may crust or bleed.



Signs & Symptoms:

Melanoma—usually brown or black, but can appear pink, tan, or even white.

Thinking of "ABCDE" can help you remember what to look for:

Asymmetry, **B**order, **C**olor, **D**iameter, **E**volving

NORMAL



Symmetrical



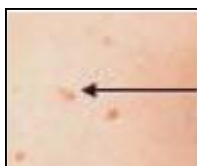
Asymmetrical



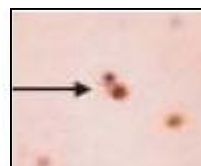
Borders are even



Borders are uneven



Ordinary mole



Changing in size, shape & color

WARNING SIGNS



Prevention:

Dermatologists recommend the following precautions to avoid getting skin cancer:

- **Avoid peak sunlight hours**— 10:00am until 4:00pm when the sun's rays are the strongest
- **Apply a broad-spectrum sunscreen**— buy a sunscreen with an SPF of 15 or higher that protects against both UVA and UVB rays
- **Reapply sunscreen every 2 hours**— and after swimming or excessive perspiration
- **Wear a wide brim hat and sunglasses that protect against 100% of UV rays**
- **Avoid indoor tanning beds**



Risk Factors:

People with certain risk factors are more likely to develop skin cancer:

- Lighter natural skin color
- Family or personal history of skin cancer
- Exposure to the sun through work and play
- A history of sunburns early in life
- A history of indoor tanning
- Skin that burns, freckles, reddens easily, or becomes painful in the sun
- Blue or green eyes
- Blonde or red hair, and
- Certain types and large number of moles