

MARY BIRD PERKINS
CANCER CENTER™

SKIN CANCER

KNOW YOUR SKIN.

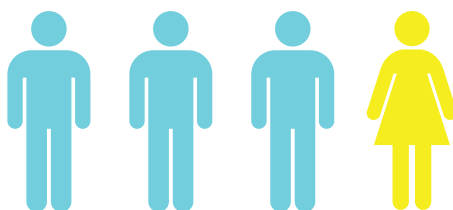
SKIN CANCER CAN BE EASILY DETECTED
AND IS OFTEN CURABLE IF CAUGHT EARLY.

PREVENTION

SKIN CANCER
IS THE MOST
COMMON
FORM OF
CANCER
IN THE U.S.



SKIN CANCER IS
2-3X
MORE COMMON
IN MEN THAN WOMEN



- Men more likely to work outdoors
- Most women use skin products that often contain sunscreen. Most products for men do not.



SUNSCREEN FACTS



ONE OUNCE OF SUNSCREEN, ENOUGH TO FILL A SHOT GLASS, IS THE AMOUNT NEEDED TO COVER EXPOSED AREAS OF THE BODY



SPRAY SUNSCREEN MAY NOT PROVIDE ADEQUATE COVERAGE



SUNSCREEN EXPIRES AFTER THREE YEARS

SPF 30

SPF REFERS TO HOW WELL SUNSCREEN WILL PROTECT YOU FROM SUNBURN

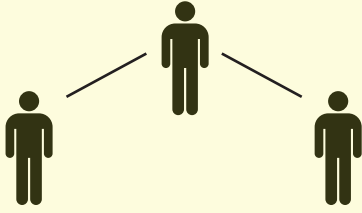
MORE THAN

3M

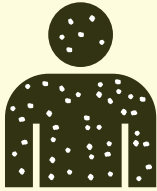
AMERICANS
WILL BE
DIAGNOSED WITH
SKIN CANCER
THIS YEAR

COMMON RISK FACTORS

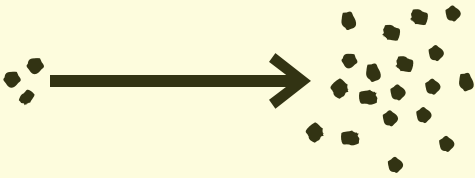
PERSONAL OR FAMILY HISTORY



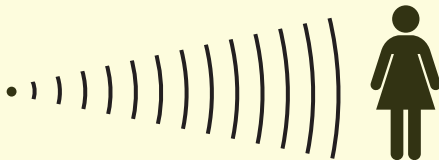
ATYPICAL MOLE SYNDROME



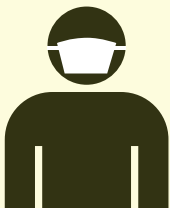
INCREASED NUMBER OF MOLES



EXCESSIVE EXPOSURE TO ULTRAVIOLET RADIATION



IMMUNOCOMPROMISED PATIENTS



WHAT TO LOOK FOR

REMEMBER YOUR ABCDEs

MELANOMA IS KNOWN AS THE MOST LETHAL FORM OF SKIN CANCER. IT CAN BE DETECTED BY CHECKING YOUR SKIN REGULARLY FOR MOLES OR SKIN CHANGES THAT HAVE THE FOLLOWING CHARACTERISTICS:

A



ASYMMETRY

ONE HALF DOESN'T MATCH THE OTHER

B



BORDER

UNEVEN OR RAGGED BORDERS

C



COLOR

MULTI-COLORED OR VARIATION IN COLOR

D



DIAMETER

LARGER THAN 1/4 INCH

E



EVOLVING

CHANGES IN SHAPE, SIZE OR COLOR

WE CAN HELP.



SCREENINGS

OFFERED THROUGHOUT THE REGION



EDUCATION

SUN SAFETY AND AWARENESS MATERIALS



RESOURCES

VISIT US ONLINE AT MARYBIRD.ORG



MULTIDISCIPLINARY CARE TEAM

OUR SKIN AND SOFT TISSUE MULTIDISCIPLINARY CARE TEAM COLLABORATES ON BEST PRACTICES FOR PREVENTION AND TREATMENT OF MELANOMA AND NON-MELANOMA.

KNOWING YOUR SKIN CAN SAVE YOUR LIFE!

MARYBIRD.ORG/SKIN



SOURCES:

www.skincancer.org
www.cancer.org
www.cdc.gov
www.aad.org