



MARY BIRD PERKINS  
CANCER CENTER™

# SKIN CANCER

## KNOW YOUR SKIN.

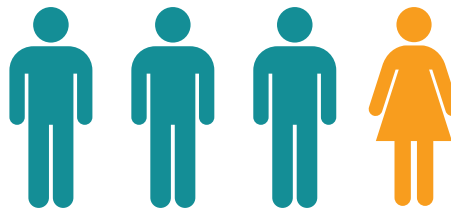
SKIN CANCER CAN BE EASILY DETECTED  
AND IS OFTEN CURABLE IF CAUGHT EARLY.

## PREVENTION

MORE PEOPLE ARE  
DIAGNOSED WITH  
SKIN CANCER  
EACH YEAR IN THE  
U.S. THAN ALL  
OTHER CANCERS  
COMBINED



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

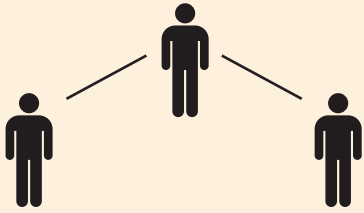
MORE THAN

**5M**

AMERICANS  
WILL BE  
DIAGNOSED WITH  
SKIN CANCER  
THIS YEAR

## COMMON RISK FACTORS

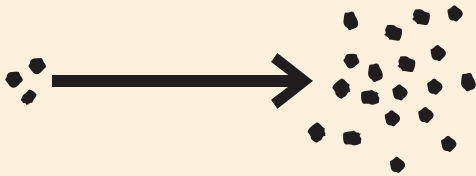
### PERSONAL OR FAMILY HISTORY



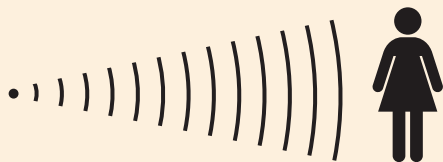
### ATYPICAL MOLE SYNDROME



### 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](http://MARYBIRD.ORG)

KNOWING YOUR SKIN CAN SAVE YOUR LIFE!

**[MARYBIRD.ORG/SKIN](http://MARYBIRD.ORG/SKIN)**



#### SOURCES:

[www.skincancer.org](http://www.skincancer.org)  
[www.cancer.org](http://www.cancer.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.aad.org](http://www.aad.org)