SKIN CANCER

KNOW YOUR SKIN.

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

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.

MORE THAN 5M AMERICANS WILL BE DIAGNOSED WITH SKIN CANCER THIS YEAR

PREVENTION

- Avoid UV tanning beds
- Wear a hat
- Seek shade
- Do not burn
- Use SPF 30 or higher sunscreen
- Wear sunglasses
- Wear SPF clothing

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 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

WHAT TO LOOK FOR

PERSONAL OR FAMILY HISTORY

MARYBIRD.ORG/SKIN

COMMON RISK FACTORS

ATYPICAL MOLE SYNDROME

INCREASED NUMBER OF MOLES

EXCESSIVE EXPOSURE TO ULTRAVIOLET RADIATION

IMMUNOCOMPROMISED PATIENTS

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

KNOWING YOUR SKIN CAN SAVE YOUR LIFE!

MARYBIRD.ORG/SKIN

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