**Tanning dangers**

- All tanning is dangerous.
- Tanned skin = damaged skin
- Ultraviolet radiation emitted by the sun and tanning beds is recognized as causing cancer.
- American Academy of Dermatology recommends obtaining vitamin D through diet or supplements and not sun exposure.
- Vermont outlawed indoor tanning for those under the age of 18 in 2012.
- Sun’s UV rays strongest between 10AM-2PM—seek shade.
- Sun’s UV rays are intensified near water, snow, and sand.
- Clouds, rain, and snow do not block the sun’s harmful rays—use sunscreen.

**SUNSCREEN**

- Apply broad-spectrum, water-resistant sunscreen with sun protection factor (SPF) of 30 or greater to all sun exposed skin 30 minutes before going outside.
- To cover entire body use a palm full (1 ounce) of sunscreen.
- Reapply every 2 hours especially after swimming or perspiring.
- Protect lips with lip balm with SPF of 30 or greater.
- Wear long-sleeved shirts, pants, wide-brimmed hats, and sunglasses for added protection.

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**Mole tracker**

**KNOW YOUR SPOTS**

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**SELF SKIN CHECKS SAVES LIVES**

Remember to examine areas of your body that are difficult to check such as the scalp, ears, genitals, and buttocks.

**ADDITIONAL RESOURCES**

- [www.cancer.org](http://www.cancer.org)
- [www.SpotSkinCancer.org](http://www.SpotSkinCancer.org)
- [www.spotme.org](http://www.spotme.org)
- American Academy of Dermatology: [www.aad.org](http://www.aad.org)
- [www.facebook.com/AADskin](http://www.facebook.com/AADskin)
- [www.twitter.com/AADskin](http://www.twitter.com/AADskin)
- EPA Local UV Alerts & Recommendations: [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html)
**FACTS & STATS:**

- Melanoma is a type of skin cancer that occurs in melanocytes, cells in the skin that gives skin its color.
- Can spread quickly and kill if not caught early; most deadly skin cancer.
- Having at least 1 severe, blistering sunburn increases one’s risk of melanoma.
- Having many (>50) moles increases risk.
- Every hour 1 person dies from melanoma.

**DETECT & PREVENT:**

- 90% of melanomas are due to ultraviolet rays from the sun & tanning devices; a preventable risk factor.
- Most common places to detect is: back, torso, legs, face, scalp, neck, and sometimes nails, mouth, genitals, and eyes.

**ABCDE’s of Melanoma:**

- **A**symmetry: one part is different from the other part
- **B**order: irregular, scalloped borders
- **C**olor: shades of various colors (tan, black, red, white, blue)
- **D**iameter: >6mm (bigger than a pencil eraser)
- **E**volving: changing over time or looks different than other marks on the skin

**Basal Cell Carcinoma**

**FACTS & STATS:**

- Basal cell carcinoma starts in the outermost layer of the skin.
- Most common and least dangerous form of skin cancer.
- Slow growing; rarely spreads but can grow deep and wide causing destruction of skin and bone if left untreated.
- When caught early and removed, has excellent prognosis.

**DETECT & PREVENT:**

- Most appear on the scalp, neck, hands, nose, cheeks, and forehead.
- Usually dome-shaped growths with visible small blood vessels. Often shiny, pearly pink but can be brown, black, white, and/or yellow in color.
- Can have rolled edges and/or sunken centers.
- Can ooze or crust over. Bleeds easily with poor healing.

**Actinic Keratosis**

**FACTS & STATS:**

- Pre-cancerous growth that can develop into squamous cell carcinoma if left untreated.
- Caused by years of sun exposure.

**DETECT & PREVENT:**

- Typically forms on the face, forehead, scalp, lips, ears, neck, chest, back, and hands.
- Tends to be dry, scaly, and rough in texture. Can appear as red bumps or crusted growths in colors that range from red, yellow, black and brown.
- Usually pin-sized to quarter-sized.

**Squamous Cell Carcinoma**

**FACTS & STATS:**

- Develop from actinic keratosis.
- Second most common skin cancer.
- Has potential to spread.
- Excellent cure rates with early detection.

**DETECT & PREVENT:**

- Typically develops on face, ears, lips, hands, arms, and legs. Less common in mouth and on genitals.
- Presents as a bump that is crusty and rough. Can be red in color and bleeds easily. Heals poorly or if heals will return quickly.