

# SUMMER SUN PROTECTION!

Your skin deserves the  
best – treat it well!

## HOW DO I PROTECT MYSELF?

### Seek SHADE!

Not only is it cooler, it prevents sunburn. It is  
impossible to get a safe tan!

### Wear protective clothing

Long sleeves and pants protect you best  
Don't forget wide brimmed hats and sunglasses –  
ears and your eyes can get sunburned!

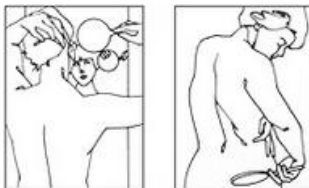
### Use and REAPPLY SPF30+

SPF 15 isn't enough! Apply SPF30+ LIBERALLY on  
your skin and lips! And REAPPLY every 90 mins.

**REDUCES YOUR RISK OF MELANOMA BY HALF**

### Examine your skin

Check your back, front, arms, backs of hands, and  
use a mirror to look at the backs of your legs and  
feet, neck, and buttocks.



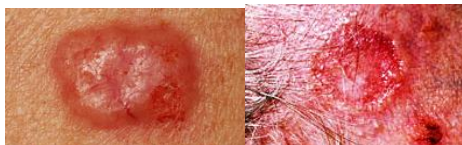
## RECOGNIZING SKIN CANCER

Skin cancer is best handled when found and  
treated EARLY, so we want to help you  
recognize early signs so you can get to the  
doctor and treat it early!

There are **3 main types of skin cancer** we worry  
most about

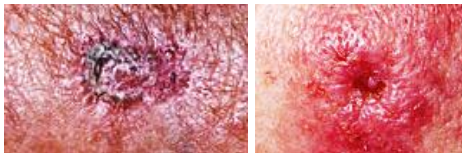
### Basal cell carcinoma

Slow growing, rolled edges, central ulcer



### Squamous cell carcinoma

Scaly red patch or open sore, can start  
looking like dry, red skin



### Malignant melanoma

Asymmetrical, irregular borders, multi-  
colored or very dark, larger than a pencil  
eraser, evolves in size/color



## MAJOR TYPES OF SKIN CANCER

Skin cancer is scary. The best approach is not to  
get it in the first place! So cover up in the sun!

But, the more you know about skin cancer, the  
better you can protect yourself

### Basal cell carcinoma

Most common type of skin cancer

Due to long-term sun exposure

HIGHLY TREATABLE, especially caught early

### Squamous cell carcinoma

2<sup>nd</sup> most common type of skin cancer

Due to long-term sun exposure

Can start as Actinic Keratosis, looks like dry  
skin/bump, often appears on LIPS

TREATABLE when caught early

### Malignant melanoma

3<sup>rd</sup> most common type of skin cancer

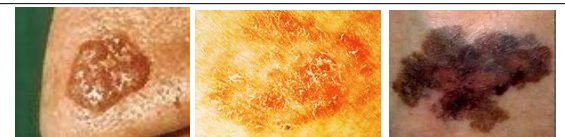
MOST DANGEROUS

Due to sunburns, especially blistering

**(1 blistering burn in childhood = 2x melanoma risk)**

Can begin suddenly, from an old mole, or in eye

More common in people with many moles,  
fair skin, blue eyes, light hair, who can't tan  
If you notice a dark, odd mole, see Dr. ASAP

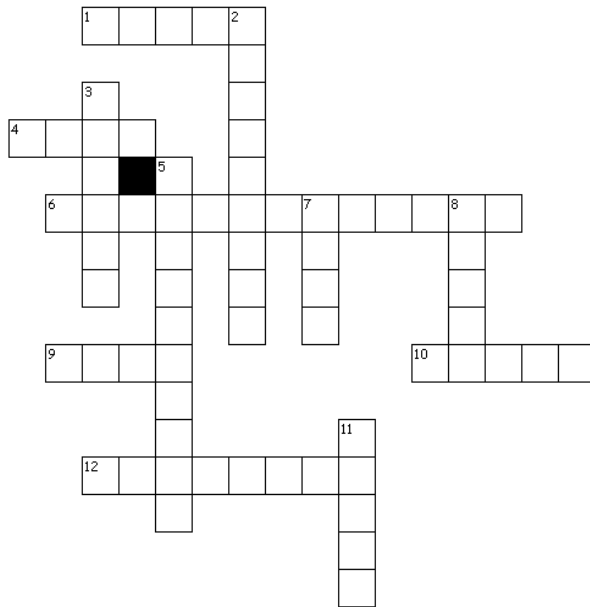


Basal

Squamous

Melanoma

## FUN IN THE SUN!



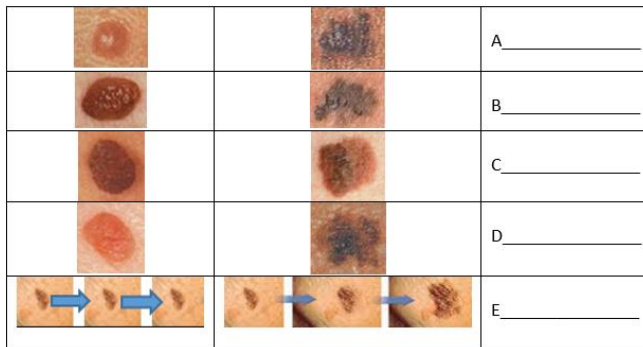
### Across

1. What you seek to best protect your skin
4. skin tone most at risk for melanoma
6. who to see when you have an abnormal mole
9. baseball hats don't protect these from the sun
10. height of sun strength
12. most dangerous skin cancer type

### Down

2. the E in ABCDE
3. minutes until your next sunscreen application
5. how to get a safe tan
7. often forgotten place for sun damage
8. What is the minimum protection you should wear?
11. most common kind of skin cancer

## KNOW YOUR ABCDE's!



## FAQs

### **When is the sun strongest?**

- Stay out of the sun between 10am and 3pm

### **What do I do if I am worried about a mole?**

- Call your family doc or dermatologist immediately! We want to hear from you!

### **Doesn't a base tan protect me?**

- NO TAN OR COLOR CHANGE IS SAFE! It is all an indication of sun damage

### **Can't I use tanning beds to get Vitamin D?**

- Tanning beds are especially risky (75% melanoma risk). NEVER TAN!

### **AND DON'T FORGET:**

#### **SUN DAMAGE CAUSES SKIN AGING!**

Without SPF30+ or seeking shade, you can see the damage sun does to your skin over time:  
Truck driver who sat with this side to window



## ABCDE'S OF MELANOMA

Keep these in mind when doing self-exams and call your doctor if you notice any of the following signs

### **Asymmetry**



**BENIGN**

**MALIGNANT**

### **Borders that are irregular**



**BENIGN**

**MALIGNANT**

### **Color variations inside**



**BENIGN**

**MALIGNANT**

### **Diameter larger than pencil eraser**



**BENIGN**

**MALIGNANT**

### **Evolution or changing size/shape**



Sources: aad.org; aafp.org; skincancer.org; NEJM.org