

Reduce Your Skin Cancer Risk

The "Skinny" on Skin Cancer

Skin cancer is the **most common form of cancer** in the United States. Current estimates are that **one in five Americans** will develop skin cancer in their lifetime, with approximately **9,500 people** diagnosed with skin cancer every day. Overexposure to ultraviolet (UV) rays causes most cases of melanoma, the **deadliest** kind of skin cancer.

To lower your skin cancer risk, **protect your skin** from the sun and avoid indoor tanning. **Checking your skin regularly** may help you spot any new growths or abnormal areas, so you can discuss them with your doctor before they even have a chance to turn into skin cancer.

KNOW YOUR ABCDE's

Knowing your own skin is important to finding skin cancer early. Learn the patterns of moles, blemishes, freckles, and other marks on your skin so that you'll notice any changes. Many doctors recommend checking your skin, preferably once a month.

A
ASYMMETRY



One half does not match the other half.

B
BORDER



Uneven borders.

C
COLOR



Variety of colors like brown, tan or black.

D
DIAMETER



Grows larger than the size of a pencil eraser (1/4 inch).

E
EVOLUTION



Change in size, shape, color, elevation, etc.

SOURCES: American Academy of Dermatology Association, Centers for Disease Control and Prevention, Skin Cancer Foundation