Protecting Yourself from UV Rays

- **WEAR SUNSCREEN!**
- **STAY OUT OF THE SUN FROM 10am-2pm**
- **WEAR PROTECTIVE CLOTHING, HAT & SUNGLASSES**
- **DON’T TAN IN A TANNING BED!**
- **CHECK YOUR SKIN FOR SPOTS ON A REGULAR BASIS**

#### SKIN CANCER RESOURCES

Melanoma Hope Network  
[www.melanomahopenetwork.org](http://www.melanomahopenetwork.org)  
636-532-4298

The Skin Cancer Foundation  
[www.skincancer.org](http://www.skincancer.org)  
1-800-SKIN-490

American Academy of Dermatology  
[www.aad.org](http://www.aad.org)  
(866)503-SKIN

CDC EXCITE Program  
[www.cdc.gov/excite/skincancer/index.htm](http://www.cdc.gov/excite/skincancer/index.htm)

American Cancer Society  
1-800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

NCI/NIH  

#### THE DARK SIDE OF TANNING

Things to know about skin cancer and sun protection brought to you by

**S.P.O.T.S.**

**Sun Protection Outreach Teaching by Students**

**FUNDING FOR SPOTS DONATED BY THE**  
Melanoma Hope Network  
Saint Louis University Hospital Auxiliary  
Washington University Division of Dermatology Goforth Foundation Fund
Three Kinds
1. Basal Cell
2. Squamous Cell
3. Melanoma

Two Causes
1. Exposure to UV radiation
2. Heredity

Risk Factors
1. Change in existing spot
2. Fair Hair/Light Skin
3. Large number of spots
4. Use of tanning beds
5. Relative with skin cancer
6. History of blistering sunburns

The ABC’s of Melanoma

A = ASYMMETRY
Do the two sides of the spot look different?

B = BORDER
Is the outside edge of the spot irregular or bumpy?

C = COLOR
Is the spot red, blue, blue-black, white, or does it have more than one color?

D = DIAMETER
Is the spot larger than 6mm in diameter (the size of a pencil eraser)?

E = EVOLVING
Does the spot grow or change?

ALWAYS REMEMBER THAT UNPROTECTED SUN EXPOSURE MAY LEAD TO SKIN CANCER!

A spot with any of the ABC’s might be melanoma and should be seen by a doctor!

ALWAYS REMEMBER THAT UNPROTECTED SUN EXPOSURE MAY LEAD TO SKIN CANCER!

INFORMATION ABOUT SKIN CANCER

THE ABC’S OF MELANOMA

S.P.O.T.S.
Sun Protection Outreach Teaching by Students

TO REACH SPOTS:
*Saint Louis University School of Medicine*
SPOTS c/o Dr James Swierkosz
swierkoszje@slu.edu
314-977-9827

*Washington University School of Medicine*
SPOTS c/o Diane Smith
Office of Student Affairs
Administrative Coordinator
dianesmith@wustl.edu
314-362-8541

ALWAYS REMEMBER THAT UNPROTECTED SUN EXPOSURE MAY LEAD TO SKIN CANCER!