



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

636-532-4298

The Skin Cancer Foundation
www.skincancer.org

1-800-SKIN-490

American Academy of Dermatology
www.aad.org

(866)503-SKIN

CDC EXCITE Program
www.cdc.gov/excite/skincancer/index.htm

American Cancer Society
1-800-ACS-2345
www.cancer.org

NCI/NIH
www.cancer.gov/cancertopics/types/melanoma

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THE DARK SIDE OF TANNING

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



**Sun Protection
Outreach Teaching
by Students**



SAINT LOUIS
UNIVERSITY

Washington
University in St. Louis
SCHOOL OF MEDICINE

www.
Melanoma
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Network
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ALWAYS REMEMBER THAT UNPROTECTED SUN EXPOSURE MAY LEAD TO SKIN CANCER!

INFORMATION ABOUT SKIN CANCER

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?

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



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