

# SPOTS WORKSHEET

- SKIN CANCER STATISTICS  
 In the US,   1   out of every   5   people has skin cancer.
  
- LIST THE TWO MAIN WAYS YOU CAN DEVELOP SKIN CANCER
  1. \*   Ultraviolet radiation – sunlight or indoor tanning
  2.   Heredity
  - Put a star next to the one that you have control over
  
- LIST THE ABC'S OF MELANOMA
  - A =   ASYMMETRY
  - B =   BORDER
  - C =   COLOR
  - D =   DIAMETER
  - E =   EVOLVING
  
- LIST FIVE RISK FACTORS FOR SKIN CANCER
  1.   CHANGE IN A MOLE
  2.   LOW SKIN TYPE (I, II, or III)
  3.   MORE THAN 50 MOLES/BODY UNDER AGE 18
  4.   FAMILY HISTORY OF SKIN CANCER
  5.   USE OF INDOOR TANNING BEDS
  - Put a star next to any risk factors that you have
  
- LIST FIVE WAYS YOU CAN PROTECT YOURSELF FROM THE SUN
  1.   DAILY USE OF SUNSCREEN ALL YEAR
  2.   WEAR PROTECTIVE CLOTHING
  3.   STAY OUT OF SUN 10-4, SEEK SHADE
  4.   DO NOT TAN
  5.   WEAR A HAT AND SUNGLASSES