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