HELPFUL INFORMATION
ABOUT SKIN CANCER

How To Prevent Skin Cancer

- Do NOT use indoor tanning beds!
- Wear sunscreen every day, all year long
- Cover up with hats, glasses, and clothes
- Know your skin type and the UV Index
- Remember: Short Shadow = Seek Shade
- Perform a visual body check each month
- Protect people under age 18 from the sun
- Know your family history for skin cancer
- If you find a strange spot, don’t wait—SEE A DERMATOLOGIST RIGHT AWAY!!!

Self-Tanner Tips

- Shave and exfoliate your skin
- Moisturize and let sit for 3 minutes or don’t moisturize
- Use plastic gloves to apply
- Use a tanner with color so you can see where you’ve applied it
- Use a light coat on wrinkled or bendable areas (knees and elbows)
- Reapply every 4-5 days
- Start with lightest shade to avoid orange color

Sunscreen Basics

- Choosing It
  * SPF 30 or above
  * UVA/UVB protection
  * Good smell!
  * Zinc/Titanium Oxide for sensitive skin
  * New bottle every summer

- Using It
  * 1 oz on your body, 1 tsp on your face
  * Apply two coats 20 minutes apart
  * Apply 30 minutes before going outside
  * Reapply every 1-2 hours
  * Use sticks on your lips and nose
  * Use sprays on your head and back

Signs of Basal/Squamous Skin Cancers

- A reddish patch
- A shiny, pearly bump
- A pink bump with an elevated, rolled border
- A persistent non-healing sore
- A scar-like area with poorly defined borders
- Scaly red patches that are tender
- Open sores that don’t heal
- Wart-like growths
- Elevated growth with a central depression