

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

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



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