

skin cancer screening



Routine Skin Screenings Can Save Lives!

Skin cancer is the most common type of cancer, it can look completely harmless making it hard to detect. Skin cancer can affect anyone no matter what your skin color is.

Dermatologists recommend a skin screening every year (every 6-12 months for higher risk individuals).

skin cancer screening

Early Detection is easy as **ABCDE!**

Follow the **ABCDEs** of skin cancer to make spotting skin cancer easy as you check your own body.

A

ASYMMETRY

One half of a mole or birthmark does not match the other

B

BORDER

The edges are irregular, ragged, notched, or blurred.

C

COLOR

The color is not the same all over and may include different shades of brown or black, or sometimes with patches of pink, red, white, or blue.

D

DIAMETER

The spot is larger than 6 mm across (*about ¼" or pencil eraser size*), although melanomas can sometimes be smaller than this.

E

EVOLVING

The mole is changing in size, shape, or color.

skin cancer screening



Do a Skin Scan!

Make checking your body for skin cancer a regular part of your shower routine. Use these tips to make sure you are checking every part of your body:

- *Examine your body in a full-length mirror*
- *Look under your arms, on your palms, back of arms, and armpits*
- *Check the backs of your legs, on your feet, between your toes, and on your soles*
- *Use a hand mirror to look at the backside of your body from your scalp to your buttocks*

skin cancer screening

Protection

Everyone should practice sun safety by wearing protective clothes, applying sunscreen often when spending all day outside, and seeking shade whenever possible.



exercise of the month



Relaxation

Sitting tall, place hands in lap and close eyes.

Inhale deeply, drawing in peace and calm.

Exhale completely, releasing stress and tension.

Continue for 5 - 10 deep breaths.

*Regular movement is fundamental to good health. Moving or changing postures every **30 minutes** is recommended.*