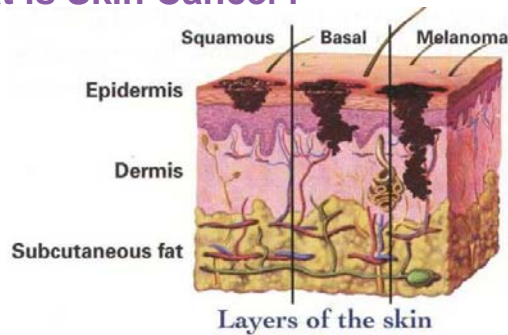


Skin Cancer

What is Skin Cancer?

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer – basal cell and squamous cell carcinomas – are highly curable.



Skin cancer begins in cells. When the orderly process goes wrong, cells develop when the skin doesn't need them forming a mass of tissue or tumor.

Melanoma

Melanoma, the third most common skin cancer, is more dangerous, especially among young people. It is much less common than other skin cancers, but is far more serious.

Signs and Symptoms

Skin – Any change in the skin, especially in the size or color of a mole.

Appearance – Scaliness, oozing, or change in the appearance of a bump or nodule.

Color – Spread of pigmentation such as past the edge of a mole or mark.

Change in sensation, itchiness, tenderness or pain.

Are You at Risk?

People with certain risk factors are more likely than others to develop skin cancer. Risk factors vary for different types of skin cancer, but some general risk factors include:

- Lighter natural skin color.
- Family/personal history of skin cancer.
- Excessive sun exposure (ultraviolet rays, UV) through work and play.
- A history of sunburns early in life.
- Multiple or atypical moles.

Choose Your Cover

Skin cancer can be prevented! The best way to lower your skin cancer risk is to “Choose Your Cover”.



Seek Shade from UV rays, especially during midday.



Cover Up to protect exposed skin.



Wear a Hat with a wide brim.

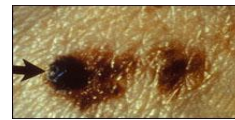


Grab shades that block both UVA and UVB rays.



Rub on Sunscreen of at least SPF 30 or higher and both UVA and UVB protection. Reapply sunscreen every two hours.

Pictures of Melanoma



Information obtained from Centers for Disease Control and Prevention and the American Cancer Society. FACT sheet developed by the North Dakota Cancer Coalition.