Skin Cancer

The Facts:

* 1 in 5 Americans will develop skin cancer in the course of their lifetime
* 1 person dies of melanoma (skin cancer) each hour
* Basal cell carcinoma is the most common form of skin cancer; an estimated 28 million people are diagnosed annually in the US
* Squamous cell carcinoma is the second most common form of skin cancer; an estimated 700,000 people are diagnosed annually in the US
* Nearly 50% of Americans who live to age 65 will have skin cancer at least once
* Your risk for developing melanoma doubles if you have had more than 5 sunburns
* People who first use a tanning bed before age 35 increase their risk of melanoma by 75%

These facts are quite staggering. So, how do you protect yourself?

* Exam your skin every month from head to toe
* See your physician every year for a professional skin examination
* Seek the shade, especially between 10 AM and 4 PM
* Use a broad spectrum sunscreen that protects against UVA and UVB rays
* Use a high quality product (look for the Skin Cancer Foundation’s Seal of Recommendation) with an SPF of 15 or greater
* Apply 1 oz. of sunscreen 30 minutes before going outside. Then, every 2 hours or immediately after swimming, toweling off, or sweating a great deal

What are the symptoms?

* A new growth or sore that doesn’t heal, or a change in a mole
* Remember your ABCDE’s. Is the mole Asymmetrical or irregular in shape? Are the Boarders irregular? Is there a Change in color? Is the Diameter of the mole larger than a pea? Is the mole Evolving? If you answer “yes” to any of these questions please see your physician as soon as possible