

# Skin Cancer:

if you can SPOT it,  
you can STOP it.



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*Protect The Skin Your In*



1

Examine body front and back in mirror, then right and left sides, arms raised.



2

Bend elbows, look carefully at forearms, back of upper arms, and palms.



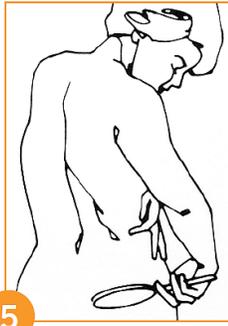
3

Look at backs of legs and feet, spaces between toes, and soles.



4

Examine back of neck and scalp with a hand mirror. Part hair and lift.



5

Finally, check back and buttocks with a hand mirror.



*Prevent. Detect. Live.*



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# Follow these simple tips to protect yourself while in the sun...

- Generously apply 1oz (2 tablespoons) of broad spectrum (UVA & UVB) water-resistant sunscreen with SPF of 15 or greater to ALL areas exposed to the sun EVERY day, even on the cloudy days. Apply 30 minutes before going outside.
- If working outside or spending the day in the sun, use broad spectrum (UVA & UVB) water resistant sunscreen with an SPF of 30 or greater. Reapply every 1-2 hours or after swimming or sweating excessively.
- **All sunscreens are not created equal** - Look for broad spectrum (UVA & UVB protection) with an SPF of 15 or greater. Ingredients including: avobenzene (Parsol 1789), encamsule, oxybenzone, titanium dioxide, and zinc oxide provide chemical and physical protection. Most sunscreens lose potency after 2-3 years, replace frequently.
- Keep sunscreen in convenient locations: (pool bag, tool box, lawn mower, golf bag, fishing tackle box, gym bag...)
- **DO NOT BURN!**
- NO tan is a good tan! There is nothing healthy about a tan. It is your body producing pigment to protect your skins delicate balance. Avoid tanning and UV tanning beds. UV rays emitted by indoor tanning cause's cancer. **Period.** It increases your risk of Melanoma by 74%.
- Cover up! Wear clothing to protect any skin exposed to the sun. Dark colored, tightly knit, woven, lightweight, dry (not wet) fabric protects great. Hold clothing up to the light, if you can see through it, so can the UV rays of the sun.
- How about a hat? Wear a hat with at least a 2-3 inch brim all the way around.
- Made in the shade - that's you! Especially between 10am - 4pm when the sun's summer rays are strongest. Look for shade if your shadow is shorter than you.
- Don't be caught without your sunglasses - UV blocking sunglasses can help protect your eyes from sun damage. Large framed and wraparound sunglasses protect at more angles.
- Its head to toe you know! Examine your skin head-to-toe every month: Look for skin changes... In other words, a skin mole or lesion that "changes color, shape, bleeds, itches, flakes, stays red, hurts or doesn't heal in a timely manner - get it checked out!
- Keep babies out of the sun. Specific sunscreens may be safely used on babies over six months of age.
- Have a full-body skin check yearly, or with any unusual skin changes

## Can you spot the skin cancer?



**Normal Mole**

Healthy moles are often uniform in color with smooth borders. Still, **any** bump that changes should be checked.



**Atypical Mole**

The irregular border and haphazard coloring are red flags. This mole needs to be watched closely.



**Atypical Mole**

Not Cancerous - but of concern. Having abnormal moles can increase your risk for skin cancer.



**Basal Cell Carcinoma**

These cancers can look crusty or like an open sore. BCC is the most common form of skin cancer.



**Basal Cell Carcinoma**

BCC may also look pearly or translucent, in colors like pink, white or red.



**Squamous Cell Carcinoma**

These often look like warts or thick, scaly patches and can be deadly if left untreated.



**Melanoma**

The most deadly of skin cancers, melanoma may look geometrical in for and be smooth or raised.



**Melanoma**

These cancers may also have irregular borders. They can be black, brown, gray, white or even red.



**Acral Lentiginous Melanoma**

Usually it appears as a brown or black mark under nails or on the palms or soles of the feet.

## How to know if your mole may be dangerous

If your mole or freckle has any of these ABCDE's from the American Academy of Dermatology, or the F & G traits our experts say you should also look out for, get it checked!

- **A** is for Asymmetry - One half of the mole, spot or bump, doesn't look like the other.
- **B** is for Borders - The edges are blurred or jagged, or in a geometrical shape rather than roundish.
- **C** is for Color - The spot changes color or has varying hues of brown, pink or any other color.
- **D** is for Diameter - Any spot larger than a pencil eraser is suspicious, but note weird moles of any size.
- **E** is for Evolving - Moles that grow or change shape or color should be checked by a doctor.
- **F** is for Falls Off - Cancerous Spots may simply look different from your other moles. Don't ignore a hunch.
- **G** is for Gross - Any bump or mole that's crusty, itchy, bloody, scaly or scabbed over could be bad news.

