

SKIN CANCER

Globally, 1 in 5 people will develop skin cancer by age 70. While skin cancer is common, early detection and prevention can make a big difference. Here's what to know about risk factors, warning signs, and ways to protect your skin.

RISK FACTORS

Anyone can develop skin cancer (regardless of your skin color) but you might be at higher risk if you have:

- Fair or freckled skin, light-colored eyes, blonde or red hair
- History of sunburns
- Frequent UV exposure (from the sun or tanning beds)
- Live in a sunny or high-altitude climate.
- Family history of skin cancer



PROTECTION

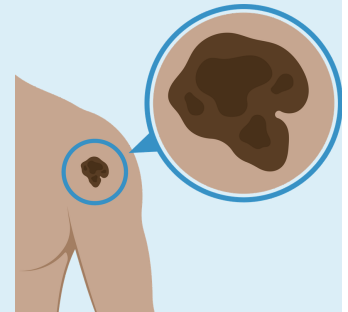
- Use broad-spectrum sunscreen with an SPF of 30 or above (even on cloudy days)
- Wear a hat and other protective clothing
- Wear sunglasses with UV protection
- Avoid tanning beds
- Seek shade as much as possible
- Regularly check your skin for new or changing spots (size, shape, or color - see ABCDE checklist below)



SPOT THE WARNING SIGNS (ABCDE)

See your primary care provider or a dermatologist if any of your moles or pigmented spots exhibit any of the following:

- **A - Asymmetry:** One half does not match the other
- **B - Border:** irregular, jagged, or blurred borders
- **C - Color:** Uneven or multicolored moles
- **D - Diameter:** The spot is larger than 6 millimeters
- **E - Evolving:** the spot is changing size, shape, or color



Did you know?

UV rays can still reach your skin on cloudy or cooler days, making sun protection important during every season.