



SKIN CANCER

So what's the big deal?

TEENS AND TANNING



There is **NO** safe way to tan!



Sunburn



Age Spots



Wrinkles



Skin Cancer

DAMAGING UVA AND UVB RAYS = SKIN CANCER

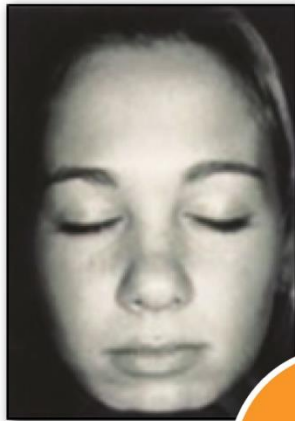
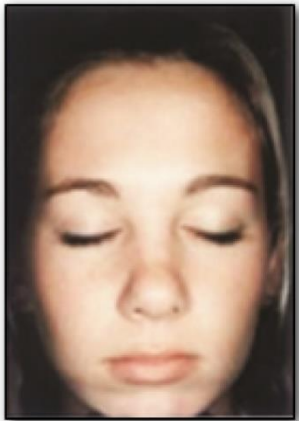
.....



UV CAMERA



The **DAMAGE** Beneath Your Skin



She's
only 17!



DANGERS OF INDOOR TANNING

.....



SKIN AGING

SKIN CANCER



If you want that golden glow, use a self-tanning product instead.

WHO WILL IT BE?



ONE IN FIVE Americans will develop skin cancer in their lifetime.



WHAT CAUSES SKIN CANCER?

.....



Overexposure
to the sun



Tanning –
indoors
or out



Family
history

WHAT IS SKIN CANCER?

.....
3 types of skin cancer:



Basal Cell Carcinoma



Squamous Cell Carcinoma



Melanoma

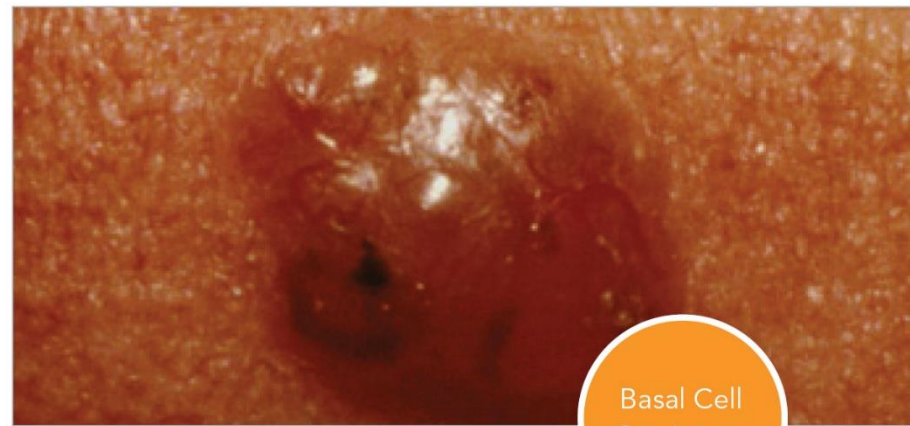
BASAL CELL CARCINOMA & SQUAMOUS CELL CARCINOMA



The **MOST COMMON** forms of skin cancer

Arise within the **TOP LAYER OF SKIN**, usually on sun-exposed areas of the body, including the **FACE, FOREARMS** and **NECK**

Usually look like a **ROUGH, RED SCALY** area or **BUMPS THAT BLEED**



Basal Cell Carcinoma



Squamous Cell Carcinoma

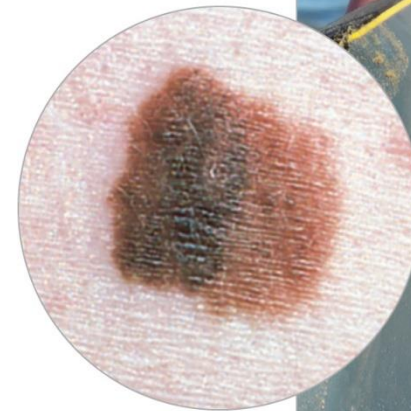
MELANOMA



DEADLIEST form of skin cancer

Can occur anywhere on the body,
but is **MOST COMMON** on the **UPPER BACK,**
TORSO, LOWER LEGS, HEAD and **NECK**

New, rapidly growing moles or moles
that itch, bleed, change color or size are
WARNING SIGNS of **MELANOMA**



IS MELANOMA REALLY THAT SERIOUS?

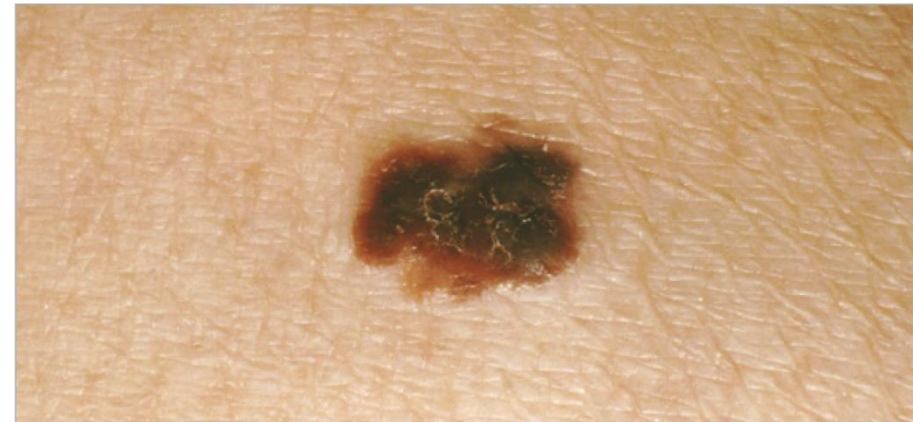
.....



ONE American DIES from melanoma EVERY HOUR.



It is the SECOND most common cancer in females 15-29 YEARS OLD.



WHO GETS MELANOMA?

.....
Anyone can develop melanoma



CAN MELANOMA BE CURED?

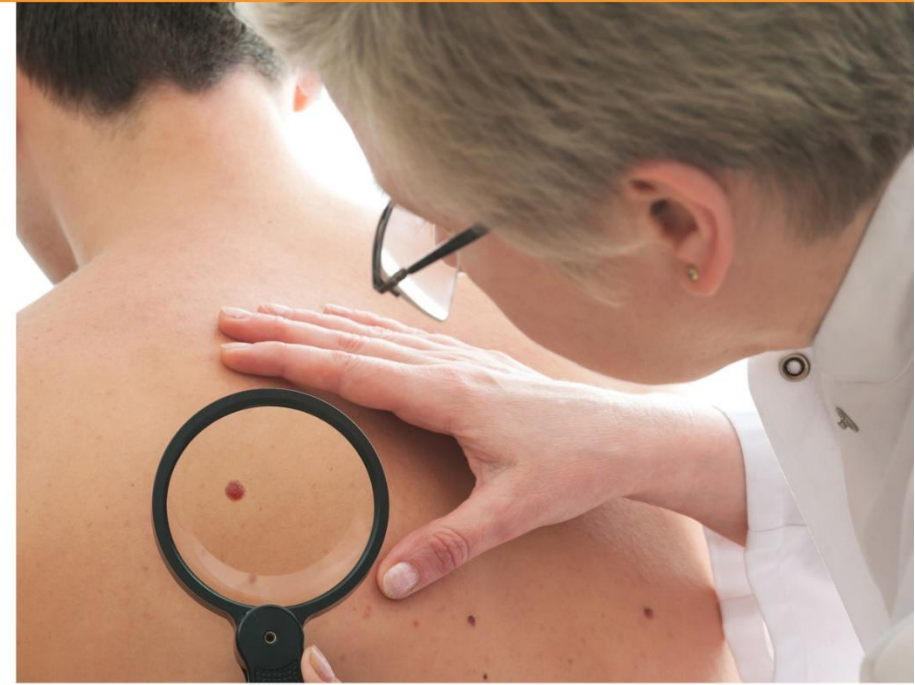
.....



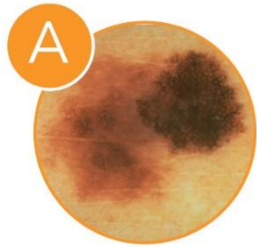
If detected early, melanoma is **HIGHLY TREATABLE**.



Once melanoma spreads to the lymph nodes inside the body, the survival rates **DECREASE** significantly.

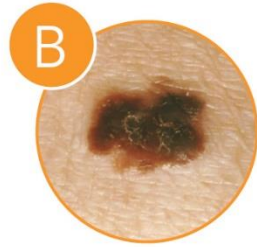


WHAT DOES MELANOMA LOOK LIKE?



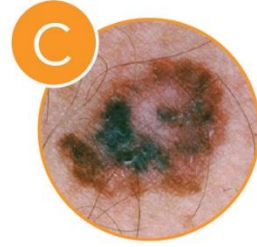
ASYMMETRY

One half is unlike the other half.



BORDER

Irregular, scalloped or poorly defined border.



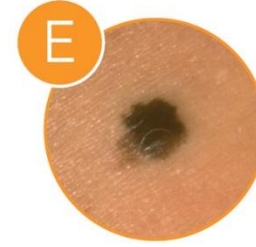
COLOR

Varied from one area to another; has shades of tan, brown or black; sometimes white, red, or blue.



DIAMETER

While melanomas are typically greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



EVOLVING

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

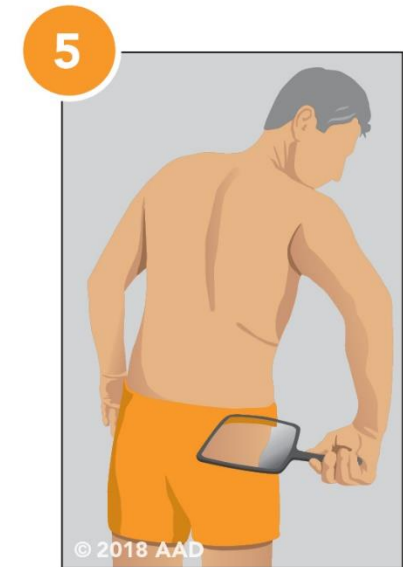
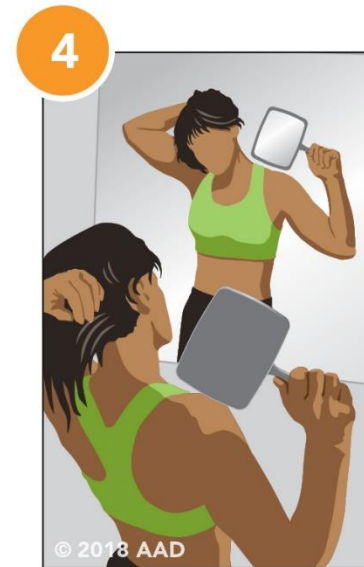
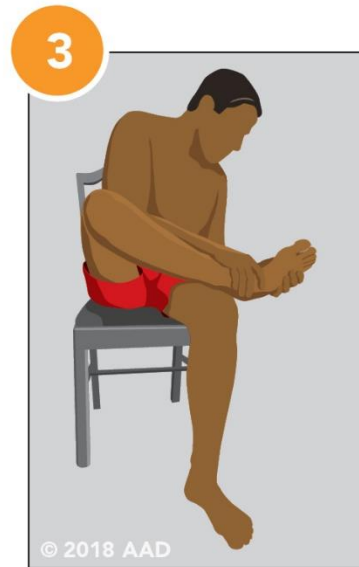
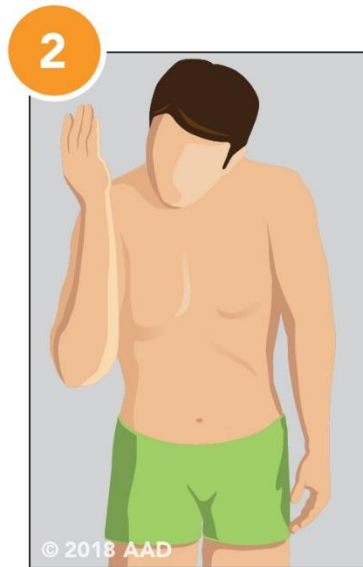
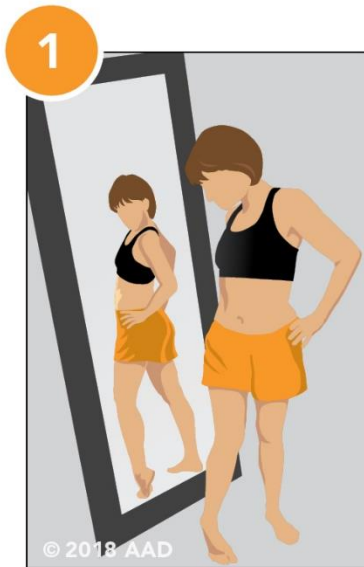
Example:



HOW TO SPOT SKIN CANCER™



The American Academy of Dermatology encourages everyone to check their skin regularly



WHAT CAN I DO TO PROTECT MYSELF?

.....



SEEK SHADE



**WEAR PROTECTIVE
CLOTHING**



**AVOID TANNING –
INDOORS AND OUT**

WHAT CAN I DO TO PROTECT MYSELF?



The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:

BROAD-SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.



SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

WATER RESISTANT OR VERY WATER RESISTANT

While sunscreens can be “water resistant” (for 40 minutes) or “very water resistant” (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.

DIAGNOSED WITH MELANOMA AT AGE 20



Brittany
Cicala





“I don’t want anyone to go through what I have. I keep reminding people that skin cancer can happen to you. You’re not immune to this. This is such a preventable cancer. Wear a sunscreen with an SPF of at least 30 every day. Avoid tanning beds and get screened by a dermatologist regularly.”

— **BRITTANY CICALA**



QUESTIONS?

.....



[SpotSkinCancer.org](https://www.spotskinCancer.org)

SPOT Skin Cancer™

[SpotSkinCancer.org](https://www.spotskinCancer.org)

Copyright © by the American Academy of Dermatology and the American Academy of Dermatology Association.