

## Skin Cancer & Prevention

- 1 in 5 Americans will develop skin cancer in their lifetimes

## Types of Skin Cancer

- Basal cell carcinoma
- Squamous cell carcinoma
- Malignant melanoma

## Skin Cancer

### Basal Cell Carcinoma

- Occurs between the dermis and epidermis
- Slow growing, do not spread
- Account for 75% of skin cancers

### Squamous Cell Carcinoma

- Occur in the middle and outermost layers of the skin
- Grow more rapidly and are more likely to spread
- 20% of skin cancers

### Malignant Melanoma

- Causes more than 75% of deaths from skin cancer
- 5% of skin cancers are malignant melanoma
- Can spread to other organs
- Liver & lungs
- Usually can be cured if diagnosed early
- If diagnosed at later stage, more likely to spread and cause death

## ABCDE's of Skin Cancer

### ABCDE: The Warning Signs of Melanoma

## Precancerous Condition

- Actinic Keratosis: red/brown scaly patches, rough in texture. Usually appears on sun-exposed areas, but can be found elsewhere.

Who is at risk?

### UV Rays

- UV rays – part of sunlight that is an invisible form of radiation
- Can penetrate and change structure of skin cells
- UV rays from artificial light are just as dangerous as those from the sun
- Increase risk of cataracts

### Preventing Skin Cancer

- Get a hat
- Cover up
- Seek shade
- Rub it on
- Grab shades

### SPF

- Sun Protection Factor
- Use sunscreen with at least 15 SPF