



## May is national skin cancer prevention and awareness month

### Join Team Melanoma!

#### It's serious

Melanoma is the deadliest form of skin cancer.

More than 120,000 new cases are diagnosed annually.

1 American dies from melanoma every hour.



#### It's largely preventable

The most significant risk factor is intense exposure to ultraviolet radiation.

Just 5 blistering sunburns double risk of developing melanoma.

- Use broad spectrum sunscreen, **SPF 15** or higher all over, every day.
- Wear water resistant sunscreen when swimming and reapply every **2 hours**.
- Stay out of direct sun between **10 a.m.** and **4 p.m.**
- If you must be outdoors wear sunglasses, a brimmed hat, long sleeves, and pants.
- Stay out of tanning beds and booths.



#### Spot suspicious spots

Early detection is critical.

- 1) Schedule an annual full body exam with a dermatologist.
  - 2) Check your own skin once a month.
  - 3) Learn the **ABCDEs** of suspicious moles.
- **A** - **Asymmetrical** shape.
  - **B** - **Borders** that are irregular.
  - **C** - **Color** that is varied or unusual.
  - **D** - **Diameter** larger than a pencil eraser.
  - **E** - **Evolving** - moles that change in shape, size, or color, or begin to itch or seep.



#### Learn and help

Visit [www.aimatmelanoma.org](http://www.aimatmelanoma.org) to learn more about this disease and how you can help aim for a cure.

**Schedule your skin check with The Center for Dermatology now!**  
**Call us on 972 985 9003**