



# Skin Cancer Awareness

## What is Skin Cancer?

Skin cancer is a disease in which malignant (cancer) cells form in the tissues of the skin in the epidermis, the outermost skin layer. Most cases of skin cancer are caused by overexposure to ultraviolet (UV) rays from the sun.

## Who can get skin cancer?

People of all colors, including those with brown skin, get skin cancer. Even if you never sunburn, you can get skin cancer. When skin cancer develops in Native Americans, it's often in a late stage when it gets diagnosed.

## Know your moles

### KNOW YOUR ABCDE's

# A

ASYMMETRY



One half does not match the other half

# B

BORDER



Uneven borders

# C

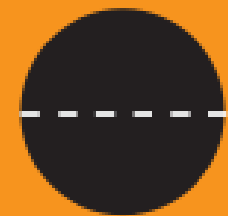
COLOR



Variety of colors like brown, tan, or black

# D

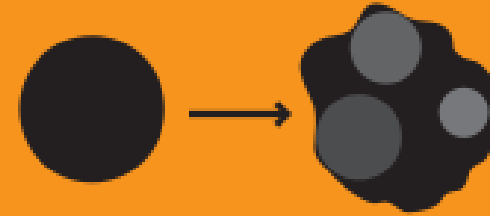
DIAMETER



Grows larger than the size of a pencil eraser (1/4 inch)

# E

EVOLUTION



Change in size, shape, color, elevation, another trait, or new symptom

If you notice any of these changes in your skin such as a new growth, a sore that doesn't heal, change in old growth, or any of the A-B-C-D-Es of skin cancer contact your provider.



## Types of skin cancer.

- **Basal cell carcinoma** - Basal cells are a type of cell that produces new skin cells as old ones die off.
- **Squamous cell carcinoma** - Squamous cells are small flat cells located in the middle and outer layers of skin.
- **Melanoma** - Melanoma is a cancer that develops from melanocytes, the skin cells that produce melanin pigment, which gives skin its color.
- **Merkel Cell Carcinoma** - Merkel cells are located deep in the top layer of skin. Merkel cells are connected to nerves, signaling touch sensation as "touch receptors."

## Take steps to prevent skin cancer.

The best way to prevent skin cancer is to protect your skin from the sun and ultraviolet (UV) rays.

- Limit direct exposure to sunlight
- Cover up with long sleeves, long pants or a long skirt, a hat, and sunglasses.
- Use sunscreen with SPF 15 or higher.
- Check your skin for changes regularly.