



**HEALTHY
DELAWARE**



BE SUN-SMART.

Know your risks for skin cancer.
Protect your skin and learn how to
recognize dangerous moles.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Bureau of Chronic Diseases

EVERYONE IS AT RISK

Long-term exposure to ultraviolet (UVA and UVB) radiation damages your skin's top layer. It increases your chance of developing skin cancer — the most common form of cancer in the United States. The sun produces UVA and UVB rays, but so do tanning beds and sunlamps. They have been linked to malignant melanoma, the deadliest skin cancer. And they should be avoided. Anyone can get skin cancer, but you are even more susceptible if you:

- **Have fair skin, or blue or green eyes**
- **Have skin that burns, freckles, and reddens easily**
- **Have many large and irregularly shaped moles**
- **Are exposed to the sun regularly**
- **Have a history of sunburns, blistering, or indoor tanning**
- **Have a family history of skin cancer**

PROTECTING YOUR SKIN IS EASY

Use a water-resistant sunscreen with UVA and UVB protection, and broad-spectrum SPF of 30 or higher. Apply it liberally and reapply every two to three hours, or more frequently if swimming or perspiring.

Make sure you cover up. Protect your eyes with sunglasses that block 99 percent or more of UVA and UVB light. Wear wide-brimmed hats to cover your head, face, neck, and ears. And wear long-sleeve shirts and pants.

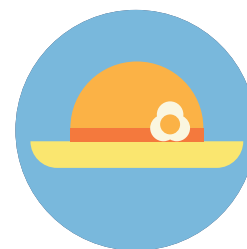
Limit sun exposure when UVA and UVB rays are most dangerous — from 10 a.m. to 4 p.m. Don't let children get sunburned. Encourage them to play in shaded areas or stay indoors.



LATHER THE LOTION.



SPORT THE SHADES.



WEAR A WIDE BRIM.



COVER UP WITH CLOTHES.



SEEK LESS SUN.

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CONNECT THE DOTS

Regularly check your skin from head to toe for unusual changes. Look for moles that are different from others, sores that do not heal, new skin growths, and moles with one or more of the “ABCDE” characteristics. See a dermatologist immediately if you have any warning signs.

A ASYMMETRY
Moles with unmatched halves

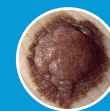
B BORDER
Moles with irregular, uneven borders

C COLOR
Moles with several colors

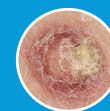
D DIAMETER
Moles larger than a pencil eraser

E EVOLVING
Moles that change color, shape, or size, or that itch or bleed

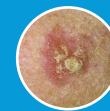
SOME TYPES OF SKIN CANCER



Malignant Melanoma is the most serious and potentially deadly form of skin cancer. It can appear as a pigmented patch or bump, usually as an irregular mole.



Squamous Cell Carcinoma can appear as a sore that doesn't heal; as a firm, red nodule; or as a rough, scaly flat lesion that can itch, bleed, or become crusty. It can also appear as rough, growing lumps or flat reddish patches that grow slowly.



Actinic (or Solar) Keratosis is a precancerous condition, the early beginnings of squamous cell carcinoma. It usually appears as a small, rough spot on the skin.



Basal Cell Carcinoma is the most common and treatable skin cancer. It can look like small, smooth, pearly white, or waxy bumps with visible blood vessels; flat, scaly, or flesh- or brown-colored patches; or a sore that doesn't heal.

NOTE: Because the type of skin cancer may be hard to identify, it is important that you seek a health care provider's diagnosis as soon as possible upon noticing any type of skin irregularities.



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FAST FACTS

- **On average, 31 Delawareans die of melanoma each year.**
- **One American dies of melanoma every hour.**
- **More men than women die of melanoma in Delaware.**
- **Suffering one or more blistering sunburns in childhood or adolescence more than doubles a person's chances of developing potentially deadly melanoma later in life.**

For more information about skin cancer risks and prevention tips, call the Delaware Division of Public Health's Comprehensive Cancer Control Program at **302-744-1020** or visit their website: **ProtectYourSkinDE.com.**

Information provided by the Centers for Disease Control and Prevention (CDC).
Visit **cdc.gov/cancer/skin/**.

ProtectYourSkinDE.com



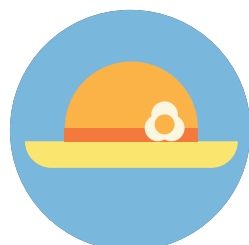
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