

Are You at Risk for Skin Cancer?

People of all races can burn—no matter who you are or where you live. It makes no difference whether you're Irish, African-American, Hispanic, Asian, Native American—or whatever! Some people, however, may be at higher risk than others. Having one or more of the following risk factors could increase your risk for developing skin cancer:

- Spending a great deal of time in the sun, especially during childhood
- Having fair skin that easily burns or freckles
- Having had severe burns from the sun, tanning beds or lamps, x-rays or radiation
- Living in the Sun Belt or at higher elevations
- Having a family history of certain types of skin cancer
- Having an immune system weakened for any reason
- Appearance of moles

How Is Skin Cancer Detected?

Fortunately, skin cancer is usually easy to detect since it occurs on the skin surface. In fact, you can do a simple self-exam yourself that only takes a few minutes.

- Thoroughly examine your skin every few months.
- Look for changes in the size, color, texture or shape of a mole or other dark spot.
- Are there any new, abnormal moles? (Or bleeding from a mole?)
- Have any unusual bumps or growths on face, ears, arms, chest, and back?

If you have any of the above physical features—or anything else out of the ordinary— show your physician or a dermatologist (a skin specialist) as soon as possible.

For more information on sun safety for you, your family, and your community, please visit: www.sunsafetyalliance.org

