



Early Detection is Key!



Skin cancer is the most common cancer. One in five people will develop skin cancer in their lifetime.

Screenings help find cancer early, when you have no signs or symptoms and it is easier to treat.



riversideonline.com/skincancer

 **RIVERSIDE**
Cancer Care Network

Self-screen yourself and your loved ones monthly from head-to-toe.

Look for moles, freckles, birthmarks and blemishes that are new, have changed or look unusual. Skin cancers form on the outside of your body and knowing what to look for is as easy as **A, B, C, D, E**.

Asymmetry: One half is unlike the other half

Borders: Irregular or poorly defined border

Color: Varied from one area to another (shades of tan or brown, black, red, white or blue)

Diameter: Diameter greater than 6mm

Evolution: Change in size, color or shape

Notify your health care provider if you notice any changes in your skin.

Practice Sun Safety

Avoid the sun during the middle of the day and apply sunscreen with an SPF of 30 or higher to your face, lips, neck, ears, hands and any other areas not covered by clothing, even when it is cloudy. Wear hats to protect your scalp and sunglasses that block UVA and UVB rays to protect your eyes.