

Skin Cancer - Warning Signs

Some signs of skin cancer include:

- A growth on the skin that gets bigger and looks pearly, see-through, brown, black or many colored
- A mole, birthmark, or beauty mark that changes color, gets bigger, or has ragged or fuzzy edges
- A spot or growth that continues to itch, hurt, crust, scab or bleed
- An open sore on the skin that doesn't heal in 2-3 weeks
- Rough or bumpy red area that is bigger than the head of a match and doesn't clear up.

Each year, more than 1 million cases of skin cancer are diagnosed in the United States, and one person dies every hour from melanoma or non-melanoma skin cancer.

To be Sun Wise:

- Limit time in the midday sun as much as possible. The sun's rays are strongest between 10 am and 4 pm
- Watch for the UV (Ultraviolet Index) when planning outdoor activities
- Wear sunglasses that provide 99-100% UV Protection
- Wear a hat
- Seek shade
- Protect other areas of your body with clothing during prolonged periods in the sun
- Always use a sunscreen when outside. A sunscreen with a sun protection factor (SPF) of at least 15, blocks most harmful UV radiation
- Avoid sunlamps and tanning salons