

TIPS FOR STAYING SAFE IN THE SUN

Revisado médicamente por: Catherine Pisano, MD

Use protective clothing



Protect yourself with a wide-brimmed hat or baseball cap, and don't be afraid to wear long sleeves or cover-ups. Wear sunglasses to protect your eyes from the sun as well.



01

Do not use tanning booths

Don't hit the tanning bed for a "base tan" before you hit the beach. Tanning booths contain UVA rays, raising the risk of developing melanoma and other skin cancers.

02



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Know your skin and apply sunscreen

It's essential to know your skin. Fair-skinned people (freckles, blue eyes, red hair, and white skin) are at a higher risk of burning and should be extra careful in the sun.

Sunburns, particularly blistering sunburns in your youth, are associated with an increased risk of developing melanoma and other skin cancers.



Avoid excessive exposure

The sun is strongest between 10 a.m. and 4 p.m. Don't spend excessive amounts of time in the sun during those hours.

04



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SCREENING TIPS FOR FINDING SKIN CANCER

“ Catching skin cancer early will often lead to a better prognosis for patients and can mean avoiding extensive surgeries or other treatments depending on the cancer. ”

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Regular monthly self-examinations of your skin

Which will allow you to track changes in your skin and alert a physician about any concerns.



A yearly annual evaluation by a dermatologist

If you have many moles (more than 50), atypical moles, a family history of melanoma, a personal history of skin cancer, are immunosuppressed, or have other risk factors.



HOW DO I PERFORM A SELF-EXAM FOR SKIN CANCER?

To conduct a self-exam, use the acronym ABCDE (asymmetry, border, color, diameter/ugly duckling, evolution) to evaluate if a mole on your body could be something more serious. If any spots seem unusual, consult your doctor as soon as possible.

- **A - Asymmetry:** When one half of the lesion is unlike the other.
- **B - Border:** When the lesion has an irregular, scalloped (a series of curves) or poorly defined border.
- **C - Color:** If the color of the lesion varies from one area to the next or has several different colors (tan, brown, black, white, red, or purple).
- **D - Diameter/Ugly Duckling:** Melanomas are usually bigger than 6mm but can be smaller if diagnosed early. If the diameter of a lesion is increasing rapidly, you should consult your doctor as soon as possible. The “ugly duckling” rule, meaning one mole on your body looks very different from all the others, is another reason to consult your doctor.
- **E - Evolving:** When the lesion changes in size, shape, and color or becomes symptomatic.

WE INVITE YOU TO VISIT THE DANA-FARBER BOOTH TO ADDRESS ANY CONCERNS YOU MAY HAVE ABOUT CANCER.

DOES MELANOMA AFFECT PEOPLE WITH DARK SKIN?



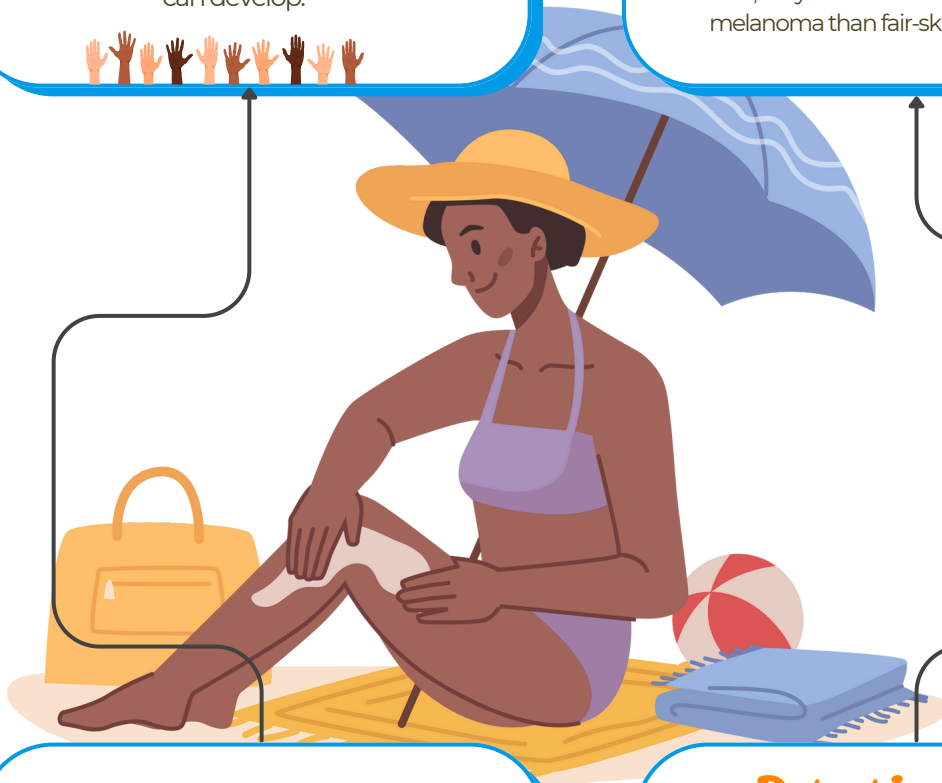
What is it?

Melanoma, a type of skin cancer, gets its name from the pigment-producing cells called melanocytes, from which tumors can develop.



Does skin color affect risk?

The short answer is yes, but everyone should know about skin cancer and get checked. Because darker-skinned people have more melanin, they have a lower risk of developing melanoma than fair-skinned people.

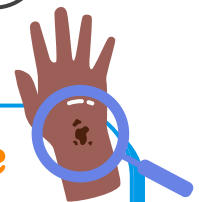


Early detection

Cancer usually starts in the skin. It may appear as a mole that has recently changed in size, shape, or color. Although melanoma is more common among white people, death rates are higher among people of color.

Detect in people of skin color

It's important to check areas of skin that are usually hidden from the sun, including the soles of your feet, between your toes, and the palms of your hands, for new or changing moles. Skin cancer can also show up on your nails as a pigmented streak.



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