



SENIOR HEALTH

Skin Cancer

WHAT YOU SHOULD KNOW

Skin cancer is one of the most common forms of cancer. It's also one of the most curable. Fair-skinned people are most at risk because their bodies produce only small amounts of melanin, the protective skin pigment.

KNOW THE RISK FACTORS

- prolonged exposure to sunlight
- excessive X-rays

SYMPTOMS OF SKIN CANCER

any skin growth that increases in size, itches, hurts, scabs or bleeds
an open sore or wound that won't heal or reopens
pigment change in a mole

HOW TO REDUCE YOUR RISK

- Avoid excessive sun exposure, especially between 10 a.m. and 3 p.m.
- Cover your skin with clothing and a hat.
- Use sunscreen with a sun protection factor (SPF) of 15 or greater.
- Avoid unnecessary X-rays.