

## Fast Facts

### Skin Cancer

<i>Symptoms</i>	<i>Prevention Techniques</i>
<p>-<i>Basal cell carcinoma</i> can have a pearly or waxy bump or a flat, flesh-colored or brown scar-like lesion (neck or face)</p> <p>-<i>Squamous cell carcinoma</i> can have a firm, red nodule or a flat lesion with a scaly, crusted surface (face, ears or hands)</p> <p>-<i>Melanoma</i> can have a large brownish spot with darker speckles, a mole that changes in color, size or feel or that bleeds, a small lesion with an irregular border and portions that appear red, white, blue or blue-black or dark lesions on your palms, soles, fingertips or toes, or on mucous membranes lining your mouth, nose, vagina or anus (anywhere on your body for normal skin or in an existing mole that becomes cancerous...most often face or trunk for men and lower legs for women).</p> <p>Symptoms of less common skin cancers:</p> <p>-<i>Kaposi sarcoma</i> (rare) develops in the skin's blood vessels and causes red or purple patches on the skin or mucous membranes. (mainly occurs in people with weakened immune systems)</p> <p>-<i>Merkel cell carcinoma</i> causes firm, shiny nodules that occur on or just beneath the skin and in hair follicles (most often found on the head, neck and trunk).</p> <p>-<i>Sebaceous gland carcinoma</i> (uncommon and aggressive) originates in oil glands of skin (usually appear as hard, painless nodules that can develop anywhere, but occur mostly on the eyelid--frequently mistaken for other eyelid problems).</p>	<p>-Be aware of the risk factors that can contribute to skin cancer (being fair skinned, history of sunburns, excessive sun exposure, being in a sunny/high altitude climate, having moles, having precancerous skin lesions, family history of skin cancer, personal history of skin cancer, having a weakened immune system, exposure to radiation and/or exposure to certain substances).</p> <p>-Avoid UV radiation from the sun and don't use tanning beds.</p> <p>-Avoid being exposed to the during the middle of the day (roughly from 10:00 AM until 4:00 PM).</p> <p>-Wear sunscreen of SPF 15 or greater year-round (it is important to reapply every 2 hours).</p> <p>-Wear protective clothing, like dark, tightly woven clothes that cover your arms/legs, broad-brimmed hat or photoprotective clothing.</p> <p>-Wear sunglasses to protect your eyes and face from the sun.</p> <p>-Some medications can increase your skin's sensitivity to the sun—ask your doctor or pharmacist about this any time you take a new medication (antibiotics are especially known for this).</p> <p>-Check your skin regularly for changes.</p> <p>-Get screened for skin cancer by your doctor.</p>

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