



May is Skin Cancer Awareness Month

Skin cancer is the most common type of cancer. Fortunately, many types of skin cancer are easy to cure.

Most skin cancer is caused by sun damage. Ninety percent of skin cancers occur on the face, neck and arms, where sun exposure is the greatest.

Light-skinned, blue-eyed people are more likely to develop skin cancer. Dark skinned people have less risk.

Prevention

Avoiding excessive exposure to the sun can prevent most skin cancers. Most damaging sun exposure has occurred by age 20, so keep your children protected.

Home Treatment

Examine your skin with a mirror or another person's help. Look for unusual moles, spots or bumps. Pay attention to areas that receive a lot of sun exposure.

When to Call Kaiser Permanente

Call your physician if you notice any of the following "ABCD" changes in a mole:

- ❑ Asymmetrical shape: one half does not match the other half.
- ❑ Border irregularity: the edges are ragged, notched or blurred.
- ❑ Color: the color is not uniform. Watch for shades of red and black, or a red, white and blue mottled appearance.
- ❑ Diameter: the mole is larger than a pencil eraser. (Harmless moles are usually smaller than this)

For more information on skin cancer, visit our website at www.kaiserpermanente.org or visit your local Kaiser Permanente Health Education Center.