**Limit sun exposure**, stay in shade (especially between 10am and 4pm)

**Wear sunscreen** (UVA/UVB, SPF 15+)

**Wear dark-colored, tightly woven clothes** (some provide UV protection)

**Avoid tanning beds**

**Do a head to toe skin self-examination monthly**

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**WHY YOU MIGHT NEED SKIN CANCER SCREENING**

According to the World Health Organization, between 2 and 3 million non-melanoma and 132,000 melanoma skin cancers occur globally each year.

**SCREENING IS NEEDED FOR PATIENTS WHO:**

- Family history of melanoma in 2+ blood relatives
- The presence of multiple atypical moles
- The presence of precancerous lesions*

*Precancerous lesions, known as actinic keratosis, are grey to pink colored scaly patches of skin on sun-exposed areas of the body

Periodic skin examinations are the key to diagnosis of skin cancer at its earliest stage, when it is most easily cured.

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**PREVENTATIVE MEASURES**

- Limit sun exposure, stay in shade (especially between 10am and 4pm)
- Wear sunscreen (UVA/UVB, SPF 15+)
- Wear dark-colored, tightly woven clothes (some provide UV protection)
- Avoid tanning beds
- Do a head to toe skin self-examination monthly

**THE BEST WAY TO BEAT SKIN CANCER IS TO KNOW THE WARNING SIGNS AND ACT FAST IF YOU SEE THEM.**

1. Massachusetts College of Pharmacy
2. The University of New Mexico
3. The University of Rhode Island
4. The University of Toledo

__MONTHLY SELF-SCREENING MOLE WARNING SIGNS__

A. **ASYMMETRY**: One half does not match the other half
B. **BORDER**: Uneven borders
C. **COLOR**: Variety of colors like brown, tan, or black
D. **DIAMETER**: Grows larger than the size of a pencil eraser (5mm)
E. **EVOLUTION**: Change in size, shape, color, elevation, another trait, or new complex

Your health is important and should be controlled. Talk with a healthcare provider today about getting screened for skin cancer.

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The University of New Mexico
The University of Rhode Island
The University of Toledo
WHY YOU MIGHT NEED SKIN CANCER SCREENING

COMMON RISK FACTORS

SKIN TYPE
Lighter skin individuals as well as those with a large number of moles

OLDER AGE
 Likely due to accumulated exposure to UV radiation, but still effects any age

EXPOSURE
Exposure to UV radiation, including sun exposure and indoor tanning beds

MEDICAL HISTORY
Family history of cancer, use of immunosuppressant therapy, and immunodeficiency disorders

REFERENCES
www.skincancer.org
www.who.int
www.cancer.gov
www.cdc.gov

Pharmacy students from NCODA’s Professional Student Organization (PSO) chapters at the following colleges assisted in assembling this cancer screening resource:
1. Massachusetts College of Pharmacy
2. The University of New Mexico
3. The University of Rhode Island
4. The University of Toledo