

Skin Cancer Screening

SKIN CANCER SCREENING SAVES LIVES

Check your skin. Finding skin cancer early is the best way to make sure it can be treated successfully.

Talk to your doctor if you have any changes in your skin.



KNOW YOUR RISK

RISK FACTORS YOU CAN'T CHANGE:

- Age
- Being male
- Family or personal history of skin cancer
- A weakened immune system
- Having many moles increases your chance of melanoma
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.

RISK FACTORS YOU CAN CONTROL:

- Exposure to ultraviolet (UV) rays (including tanning bed use)
- Exposure to certain chemicals and radiation
- Smoking

Learn more about skin cancer risks, prevention and screening online at:
Providence.org/ORskincancerscreening

503-215-6014

FACTS

- Skin cancer is the most common type of cancer.
- 5.4 million cases of skin cancer are diagnosed each year.
- 1 in 5 Americans will develop skin cancer in their lifetime.
- All skin colors are at risk for skin cancer.
- Basal and squamous cell skin cancers are the most common types.
- Melanoma, the most dangerous skin cancer, accounts for only about 1% of skin cancers.

REDUCE YOUR RISK

- Practice Sun Safety: Limit exposure to UV rays and stay in the shade.
- Check your skin regularly for abnormal moles and other growths
- No tanning bed use
- Do not smoke
- Avoid harmful chemicals

TALK TO YOUR DOCTOR IF YOU ARE AT
INCREASED RISK OF SKIN CANCER