

California Nursing Students' Association: Community Health May 2019 Toolkit

SKIN CANCER AWARENESS

Skin Cancer is the most common type of cancer and can be preventable. Follow the information/ facts below to help further educate our patients. The skin is the largest organ humans have-- we need to learn to protect it in order to prevent skin cancer!



1 PREVENTION IS KEY

Dermatologists recommend an SPF of 30+ or more when going out in sunlight for longer than 20 minutes in order to prevent your skin from the sun's harsh UV rays. Additionally, finding shade and covering up with protective clothing can also help.

2 FOLLOW ABCDE RULE

When performing self-checks of our skin follow the ABCDE rule. This stands for:
A- Assymetry (one half is larger than the other)
B- Border irregularity (doesn't follow a border)
C- Color (is not a uniform color)
D- Diameter (greater than 6mm)
E- Evolving (size/shape/color)

3 MOST COMMON TYPE

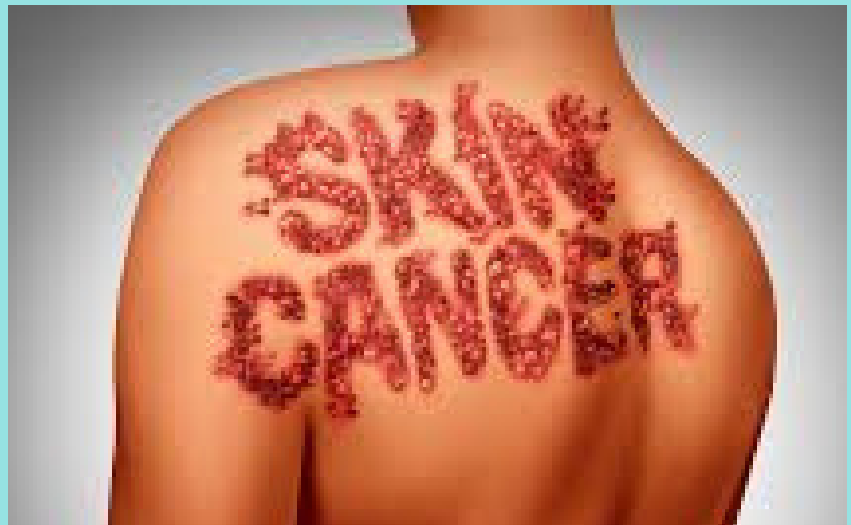
The most common type of skin cancer is a Basal cell carcinoma, and as future Health Care Providers (HCP's) we need to be aware of what they look like during our assessments.

4 AVOID TANNING BEDS

Tanning beds can increase your chances of skin cancer by 75% before the age of 35. Tanning beds give great tans, yet come at a high price for one's health, as they give off high UV lights that mimic the sun's harmful rays in a short amount of time with no protection.

5 GET SKIN CHECKED

Taking the time to do self checks is very important, but what matters most is getting regular skin check-ups with your doctor/ dermatologist to catch skin cancer early!



To learn more about the prevention of skin cancer please visit:

<https://www.skincancer.org/prevention>

<https://www.cdc.gov/cancer/skin/index.htm>