

Protect The Skin We Are In



Skin cancer doesn't discriminate. While melanin offers some protection, **African Americans can and do get skin cancer**. We are often diagnosed later and at more dangerous stages.

☀️ Why Sunscreen Is Essential:

- Shields your skin from harmful **UV rays**
- Reduces the risk of **skin cancer**
- Prevents **dark spots, sunburn, and early aging**
- Works for **ALL skin tones** – yes, including YOU!

Use SPF 30 or higher every day, even on cloudy days.

🔍 Check Your Skin Monthly:

Look for:

- New or changing moles or spots
- Dark streaks under nails

- Sores that don't heal
- Spots on palms, soles, or inside your mouth

👉 If you see something suspicious, **see a dermatologist right away!**

Early Detection Saves Lives

Most skin cancers are treatable when caught early. Don't wait—**know your skin, protect your skin.**

Your Health Is Power

Start the conversation. Share this message with family and friends.

 **Protect it. Check it. Respect it.** 

HOW TO SPOT SKIN CANCER™

Use this information to check your skin regularly.



1 in 5 Americans will develop skin cancer in their lifetime.



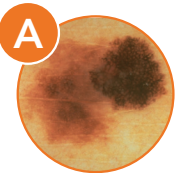
Anyone can get skin cancer, regardless of skin color.



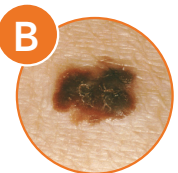
When caught early, skin cancer is highly treatable.

The ABCDEs of Melanoma

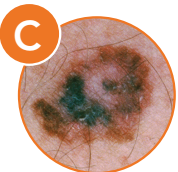
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:



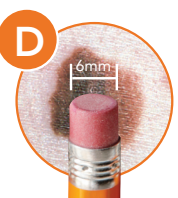
A stands for **ASYMMETRY**. One half of the spot is unlike the other half.



B stands for **BORDER**. The spot has an irregular, scalloped, or poorly defined border.



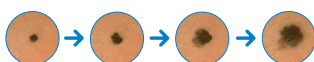
C stands for **COLOR**. The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.



D stands for **DIAMETER**. While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.



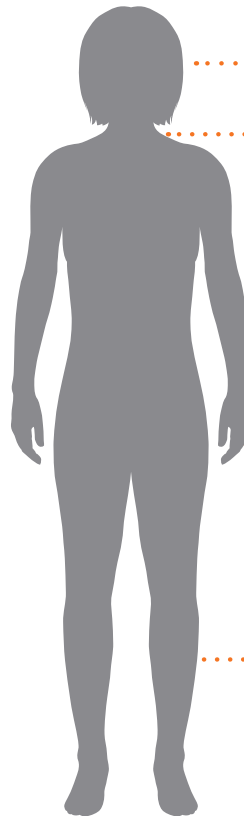
E stands for **EVOLVING**. The spot looks different from the rest or is changing in size, shape, or color.
Example:



Skin Cancer Self-Examination

How to Check Your Spots:

Performing a skin self-exam means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your body. Ask someone for help when checking your skin, especially in hard-to-see places like the scalp and back. Follow these steps:



- 1 Examine your body front and back in a mirror, then look at the right and left sides with your arms raised.
- 2 Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.
- 3 Bend your elbows and look carefully at your forearms, underarms, and palms.
- 4 Check your back and buttocks with a hand mirror.
- 5 Finally, look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.

If you wear nail polish, remember to check your nails when the polish is removed.

If you notice a new spot or an existing spot that changes, itches, or bleeds, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer detection and prevention, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).