

# STEPS TO PREVENT SKIN CANCER



## AVOID PEAK HOURS

Stay indoors or seek shade between 10am and 4pm when sun's rays are most intense



## COVER UP

Wear protective clothing: long sleeves, pants, a broad-trimmed hat and sunglasses.



## USE SUNSCREEN

Apply 1 ounce of SPF 30 or higher broad spectrum sunscreen to your body 30 minutes before sun exposure. Reapply every two hours or after swimming or sweating

The earlier skin cancer is found, the better the outcome. "Examine your skin monthly," Brown says.

"Check moles and freckles to find the 'ugly duckling,' The mole or freckle that doesn't look like the other. Use the ABCDE warning signs as a guide, and discuss concerns with your doctor."

SOURCE: [healthfeed.uofuhealth.org](https://healthfeed.uofuhealth.org)

# SKIN CANCER PREVENTION

# TREATMENT



Philippine College of Surgeons

## 01 SURGERY



## 02 CHEMOTHERAPY



## 03 RADIATION



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# SKIN CANCER AWARENESS MONTH






Year 2023

# TYPES OF SKIN CANCER

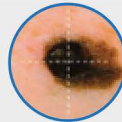
## THE ABCDE's OF DETECTING MELANOMA

## RISK FACTORS

TYPE	APPEARANCE	SEVERITY
<b>BASAL CELL CARCINOMA</b> 	Pearly/waxy bump or flat brown lesion.	Most easily treated form; least likely to spread.
<b>SQUAMOS CELL CARCINOMA</b> 	Firm red pimple/nodule or scaly patch.	Easily treated if detected early; more likely to spread than basal cell carcinoma.
<b>MELANOMA</b> 	Existing mole that bleeds, itches or changes shape/color; large brownish patch or smaller spot with black red or white speckles.	Most serious form; needs to be diagnosed early, as later it can be difficult to treat and spreads easily.

To catch melanoma at its earliest, most treatable stage, conduct a head-to-toe skin self examination once a month to check for suspicious moles.

### ASYMMETRY



The two halves of the mole do not match.

### BORDERS



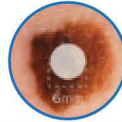
The edges are irregular or uneven (scalloped, blurred, or notched).

### COLOR



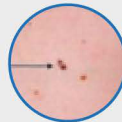
Multiple or changing shades of brown, tan, black, red, blue or pink are present.

### DIAMETER

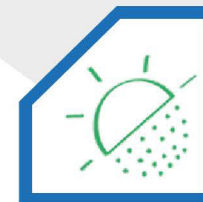


Usually, but not always, larger than 6mm.

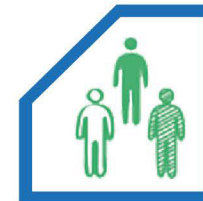
### EVOLUTION



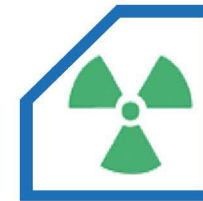
Changing in appearance, such as size, shape or color and/or changes in symptoms, such as bleeding oozing or itching.



UV EXPOSURE



SKIN TONE



ENVIRONMENTAL CHEMICALS



OTHER SKIN CONDITIONS