

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

SKIN CANCER PREVENTION

TREATMENT

01 SURGERY



Philippine College of Surgeons



02 CHEMOTHERAPY



03 RADIATION



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SKIN CANCER AWARENESS MONTH



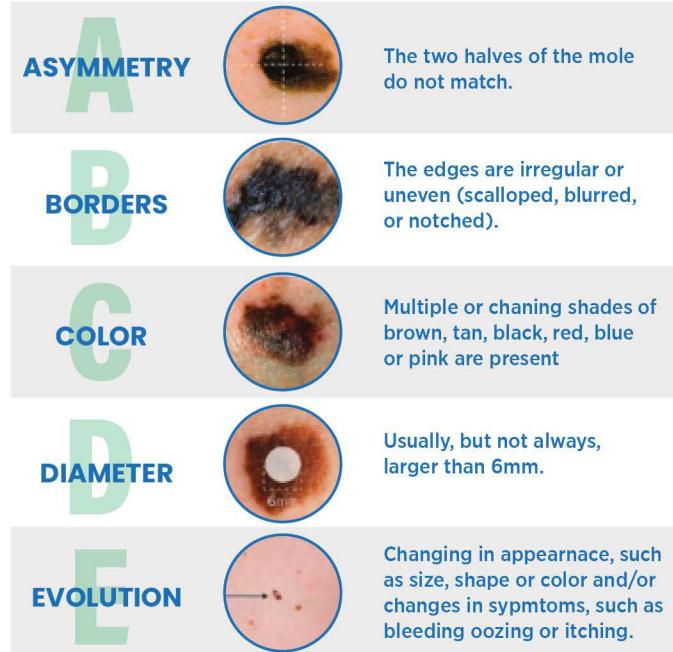
Year 2023

TYPES OF SKIN CANCER

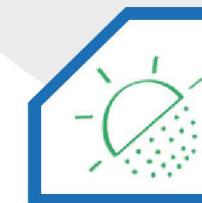
TYPE	APPEARANCE	SEVERITY
BASAL CELL CARCINOMA	Pearly/waxy bump or flat brown lesion.	Most easily treated form; least likely to spread.
SQUAMOS CELL CARCINOMA	Firm red pimple/nodule or scaly patch.	Easily treated if detected early; more likely to spread than basal cell carcinoma.
MELANOMA	Existing mole 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.

THE ABCDE'S OF DETECTING MELANOMA

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.



RISK FACTORS



UV EXPOSURE



SKIN TONE



ENVIRONMENTAL CHEMICALS



OTHER SKIN CONDITIONS

SOURCES:

www.healthcare.utah.edu
www.cdc.gov
www.skincancer.org