

SKIN CANCER BRIEF

Skin cancer is the most common cancer diagnosis in the U.S. and worldwide.
About 1 in 5 Americans will develop skin cancer in their lifetime.



MELANOMA

IS THE **8TH** MOST COMMON
CANCER DIAGNOSIS
IN LOUISIANA

The most common sign of skin cancer is changes on your skin.

Pay attention to any lesion that **changes in size, shape or color** and lesions that are **painful, bleeding or not healing.**

Not all skin cancers look the same.



WHAT YOU SHOULD KNOW

Skin cancer is easily detected, highly preventable and curable if caught early.

- Minimize sun exposure and avoid direct sunlight, especially during peak hours (10 a.m. - 4 p.m.) to protect your skin.
- Wear sunscreen and protective clothing, such as a wide-brimmed hat and long-sleeved shirts.
- Avoid tanning beds, as it can not only cause skin cancer but also premature skin aging.
- Reapply sunscreen every two hours or after swimming or sweating.

For information on local skin cancer screenings, contact Mary Bird Perkins Prevention on the Go at (225) 215-1234.

There are currently no recommendations for routine skin cancer screening for those without a history of skin cancer.

HELPFUL TIPS

- Talk to your doctor if you are at increased risk of skin cancer due to family history, fair skin, freckles, red or colored hair, history of sunburns, tanning or smoking.
- Perform regular self-exams.
- Consult with a board-certified dermatologist to schedule a screening, especially if you have risk factors.
- Report any unusual moles or changes in your skin to your doctor.