

Skin Cancer Detection and Prevention



As we shed our winter coats for summer swimsuits, it's good to take a moment and consider your risk of skin cancer. **Weill Cornell Medicine** wants to make sure you know what to look out for when it comes to skin cancer.

TYPES OF SKIN CANCER

Basal cell carcinoma (BCC)

BCC is skin cancer in the basal cells of the skin. **This is the most common skin cancer.** On average, there are 3.6 million cases in the United States every year.

Melanoma

This type of skin cancer is less common but more serious. **Melanoma has higher mortality rates because it is more likely to spread to other parts of the body.**

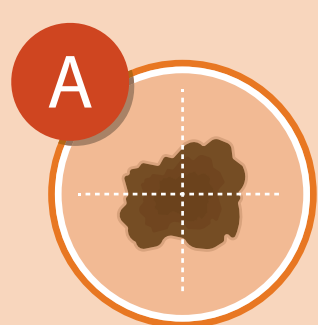
Squamous cell carcinoma (SCC)

SCC is skin cancer in the **squamous cells** of the skin.



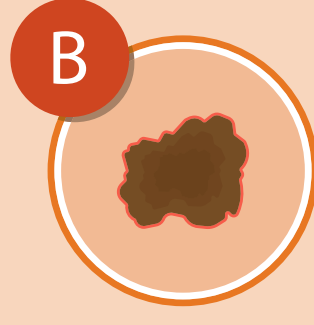
DETECTING SKIN CANCER

Remember the acronym "ABCDE" when checking for the signs of skin cancer:



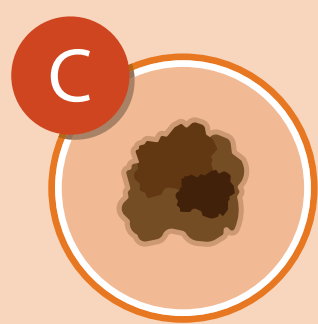
A Asymmetrical:

Look for moles with an irregular shape.



B Border:

Get any moles with jagged or irregular sides checked out.



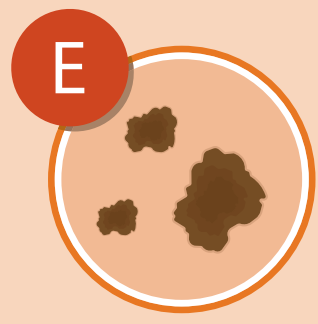
C Color:

Watch for moles with multiple colors or colors that have darkened or faded.



D Diameter:

Moles are typically small. Check out any larger moles.



E Evolving:

Any spot that changes or looks different from your other moles should be looked at by your primary care provider.

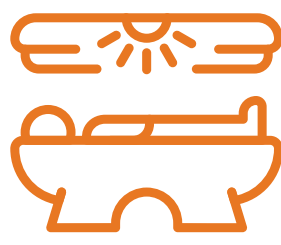
PREVENTING SKIN CANCER AND STAYING SUN SAFE:



Avoid the sun between 10 a.m. and 4 p.m., when UV rays are strongest.



Cover up with long-sleeved shirts, long pants and a wide-brim hat.



Never use tanning beds, sunbeds or sunlamps.



Stay in the shade as much as possible.



Use a broad-spectrum sunscreen of at least SPF 30 or higher



Find a medical provider at Weill Cornell Medicine who can help you care for your skin.