

# American Cancer Society Circle Of Life<sup>SM</sup>: Cancer Education and Wellness

## Skin Cancer Fact Sheet

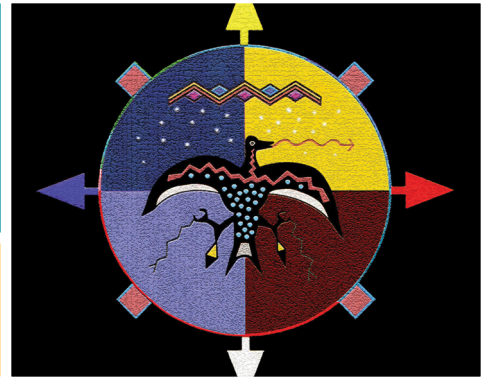


Photo courtesy of Gary Robinson (Tribal Eye Productions)

### About the Skin

- The skin is the largest organ in your body.

### What is skin cancer?

- There are two main types of skin cancer:
  - Basal and squamous cell cancers
  - Melanoma
- Basal and squamous cell cancers are the most common skin cancers, with more than 3 ½ million new cases each year.
- Melanoma is a more serious type of skin cancer.

### The Bottom Line about Skin Cancer

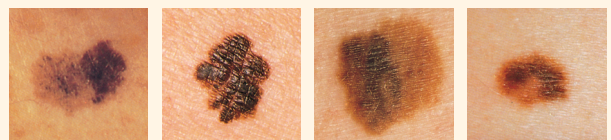
- Many skin cancers can be prevented by limiting unprotected exposure to the sun.
- Most skin cancers can be treated successfully if found early – even melanoma, the most serious type of skin cancer.
- Simply staying in the shade is one of the best ways to limit your UV exposure.

If you're going to be in the sun, the American Cancer Society recommends the Slip! Slop! Slap!® and Wrap! method of prevention – slip on a shirt, slop on 30 SPF (or higher) broad-spectrum sunscreen, slap on a hat, and wrap on sunglasses before going out in the sun.

### Know Your ABCs

The ABCD rule is an easy guide to the signs of melanoma. Be on the lookout and tell your health care provider about any of the following changes to a mole, birthmark, or new skin change:

- **A** is for **ASYMMETRY**: One-half of a mole or birthmark does not match the other.
- **B** is for **BORDER**: The edges are irregular, ragged, notched, or blurred.
- **C** is for **COLOR**: The color is not the same all over, but may have differing shades of brown or black, sometimes with patches of red, white, or blue.
- **D** is for **DIAMETER**: The area is larger than 6 millimeters (about ¼ inch – the size of a pencil eraser) or is growing larger.



If you would like more information about skin cancer, please visit [cancer.org](http://cancer.org) or call 1-800-227-2345.

