

# Melanomas and Skin Cancer:

Prevention & Screening  
Identify, Reduce, Prevent



## What are Melanomas and skin cancer?

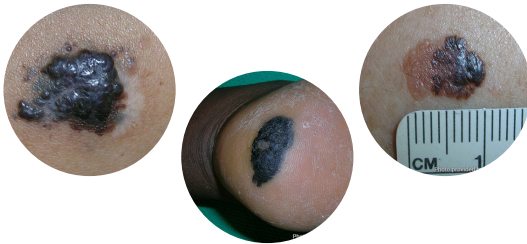
Melanomas are a type of skin cancer - most often caused by sun damage. They can spread to different parts of the body (metastasize) and be fatal.



**1 in 5\***

Americans will develop skin cancer by the age of 70. It's estimated that about 21 Americans will die from melanoma, the deadliest form of skin cancer, every day.<sup>1</sup>

EXAMPLES OF MELANOMAS:



## What you should look out for?

Melanomas may look like an age spot, a bruise, a sore, a cyst, or a scar. It may also appear as a dark line beneath your nail. You may not feel a melanoma, but there are times that it may itch, hurt or bleed.

## What you can do about it:

- Seek shade, minimize sun exposure between 10am-4pm
- Wear sun-protective clothing
- Applying sunscreen to all skin not covered by clothing (at least SPF 15) all year-round
- Reapply your sunscreen every 2 hours or after swimming or sweating
- Check your skin at least once a month
- Discuss any abnormal skin changes with your doctor
- Don't use tanning beds or sunlamps

## When it comes to skin cancer, remember the ABC's:



**A**symmetry - The shape of one half does not match the other half



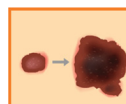
**B**order - Irregular (Ex: Jagged, scalloped, poorly defined border)



**C**olor - Varying colors from one area to the next (Shades of tan, brown/black)



**D**iameter - Change in size, usually an increase (Melanomas usually > 6mm)



**E**volving - Mole has changed over time in size, shape, or color

## GET SCREENED

To learn more, you can call, text, scan, or visit to get started today!

Text: "SCREEN" to 43386

Call: 833.727.3665

Visit: [go.rutgers.edu/PreventSkinCancer](https://go.rutgers.edu/PreventSkinCancer)

Scan:



Sources:  
[https://cancerstatisticscenter.cancer.org/?\\_ga=2.79438804.1703166689.1652381087-594687202.1642533001#!/cancer-site/Melanoma%20of%20the%20skin](https://cancerstatisticscenter.cancer.org/?_ga=2.79438804.1703166689.1652381087-594687202.1642533001#!/cancer-site/Melanoma%20of%20the%20skin)  
<https://www.cancer.gov/about-cancer/causes-prevention/risk/sunlight>



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