

SKIN CANCER

What is Skin Cancer?

Skin cancer develops when there's an out-of-control growth of abnormal cells in the epidermis, the outermost skin layer. A major risk factor is prolonged exposure to ultraviolet ("UV") radiation that comes from the sun or tanning machines.

NYCDCC Welfare Fund partners with Memorial Sloan Kettering to offer MSK Direct, a program that provides guided access to expert clinical care as well as practical and emotional support to keep you healthy and well.

Memorial Sloan Kettering ("MSK") is recognized as a world leader in the prevention, diagnosis, and treatment of skin cancer. Their skin cancer specialists take a comprehensive approach to cancer treatment. They prioritize the quality of life of the people they care for, providing social services, emotional support, integrative medicine, and access to the latest advancements in cancer science.

Take Action by Practicing Skin Self-Awareness

By practicing self-examination, you can detect skin cancer at the earliest stage, when it is most easily cured. Here are some tips when doing so:

- Grab a hand mirror and stand in front of a full-length mirror while doing a head-to-toe skin self-exam each month to check for spots.
- Examine your entire body, including ears, scalp, neck back and buttocks.
- Bend elbows, twist arms around, closely examine hands, chest and armpits.
- Look at the backs of your thighs, knees, calves, and ankles.
- Check the bottoms of your feet and between your toes.



Be Smart to Reduce Your Risk

- **Apply sunscreen** with an SPF of 30 or higher at least 20 minutes (if using chemical sunscreen) before going outside, even on cloudy days and in the winter.
- **Protect yourself** from UVA and UVB rays by wearing broad-spectrum sunscreen. Stay out of the sun from 10:00 AM to 2:00 PM, when rays are the strongest.
- **Re-apply** sunscreen every two hours and after swimming, toweling off, or sweating.
- **Seek out shade** whenever possible.
- **Wear protective clothing** such as long-sleeve shirts, wide-brimmed hats, and sunglasses.
- **Avoid** tanning beds.

Get to Know Your Skin by Learning the ABCDEs of Skin Cancer

Follow the ABCDE method when examining suspicious moles or spots:

- **Asymmetry:** The halves don't match up.
- **Border:** The edges are ragged and uneven.
- **Color:** The shade is different than other moles.
- **Diameter:** The width is more than six millimeters (pencil eraser).
- **Evolution:** The size, shape, color, or surface has changed.

For more information, go to www.mskcc.org/direct/-welfare-fund/be-sun-smart