



Public Health
Prevent. Promote. Protect.

ABCD's of Melanoma

- **Asymmetry** - One half of the mole does not match the other half in size, shape, color, or thickness
- **Border** - The edges are ragged, scalloped, blurred, or poorly defined
- **Color** - The color of the mole is not the same throughout or it has shades of tan, brown, black, red, white, or blue
- **Diameter** - Melanomas are usually greater than 6mm in diameter, but they can be smaller

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THE TOILET PAPER

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"Sun Awareness"

Before the age of 18, you will have experienced 80 percent of your lifetime sun exposure. More than 1 million cases of skin cancer are diagnosed in the U.S. every year. Studies have found the deadliest form of skin cancer in sunburns, which has an enhanced risk for melanoma. The American Cancer Society estimates that one in five Americans will get some form of skin cancer in their lifetime. Lets show the sun who's boss!

Skin Care 101: wear sunscreen or sun block! The American Academy of Dermatology (AAD) recommends wearing a broad-spectrum sunscreen or sun block that protects against both UVA and UVB rays with an SPF of 15 or higher.

For immediate protection, go for the block. While many people use "sunscreen" and "sun block" interchangeably, there is a difference.

Be an early bird or night owl. The AAD also recommends avoiding sun exposure from 10 a.m. to 4 p.m., when the sun's rays are strongest.

SPF equals time to burn. The SPF, or sun-protection factor number, indicates how much additional time you can stay outside without burning.

Reapplying is critical, but don't be fooled. Reapplying sun screen ensures you are getting the original SPF you desired, but it doesn't mean you'll get extra coverage.

