

# HealthMatters



## Facts About Skin Cancer

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer are basal cell and squamous, both highly curable. However, melanoma, the third most common skin cancer, is more dangerous. Each year in the United States, more than 53,600 people learn they have melanoma. Melanoma is becoming more common every year.

### Risk Factors

Certain people are more likely than others to develop skin cancer. Risk factors vary, but some general ones are having:

- ▶ A lighter natural skin color.
- ▶ Family or personal history of skin cancer.
- ▶ Exposure to the sun through work and play.
- ▶ A history of sunburns early in life.
- ▶ Skin that burns, freckles, reddens, or becomes painful in the sun.

### Prevention

Most melanomas are caused by overexposure to UV rays in sunlight. Protection from sun exposure is important all year round, even on cloudy and hazy days. For protection:

- ▶ Use sunscreen with sun protective factor (SPF) 15 or higher, with both UVA and UVB protection.
- ▶ Wear clothing to protect skin.
- ▶ Wear a hat with a wide brim to shade the face, head, ears, and neck.

## Did You Know?

- ▶ Best Doctors is a free and confidential service
- ▶ Best Doctors was founded by Harvard Medical School Physicians
- ▶ Over 2 million people are covered under Best Doctors
- ▶ There are over 50,000 Expert specialists that work with Best Doctors

## Signs, Symptoms and Screening

Often, the first sign of melanoma is a change in the size, shape, color, or feel of an existing mole. Most melanomas have a black or blue-black area. Melanoma also may appear as a new mole. It may be black, abnormal, or “ugly looking.” If you have a question or concern about something on your skin, see your doctor. Do not try to diagnose it yourself.

Skin cancer diagnosis? Best Doctors can help.

- ▶ Best Doctors can answer your questions.
- ▶ Have an expert review your diagnosis and treatment plan.
- ▶ Provide you with access to the opinions of top specialists.

If you have  
questions call  
**1-866-904-0910.**