What You Need to Know About Skin Cancer and How to Spot It

Skin cancer is the most common form of cancer in the United States, with more than 3 million Americans diagnosed each year.[1] Skin cancer is when healthy cells in the skin change and grow into a mass called a tumor. Basal cell and squamous cell carcinomas are the most common types of skin cancer, and they are often easily treatable.

Basal cell carcinoma (BCC)

- ✓ **8 out of 10** skin cancers are basal cell carcinoma
- ✓ Develops in the basal cells in the top layer of the skin
- ✓ Caused by sun exposure and ultraviolet (UV) radiation
- ✓ Commonly appears on sun-exposed areas like the face, head, shoulders, back, or neck
- ✓ Grows slowly over months or years and rarely spreads to other areas of the body

Squamous cell carcinoma (SCC)

- ✓ **2 out of 10** skin cancers are squamous cell carcinoma
- ✓ Develops in the squamous cells in the top layer of skin
- ✓ Caused by sun exposure and UV radiation, burns or scars, and chemical or X-ray exposure
- ✓ Commonly appears on the face, specifically the lips, as well as ears, neck, scalp, and back of hands
- ✓ Grows slowly over months and may spread if not treated

What does it look like?

Basal cell carcinoma
A pearly, shiny, or waxy bump

Squamous cell carcinoma
A scaly red patch

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How can you spot skin cancer?

Skin cancer can appear anywhere on your body, so it is important to do **a full self-examination** from time to time. Use a mirror to look at the front, back, and sides of your body for marks that are unusual in color, size, shape, or texture. Look at your forearms, upper arms, hands, neck, and scalp. **Early detection is important. More than 75% of skin cancers are first noticed by individuals or family members. Contact your doctor if you notice a change in your skin.**

What causes skin cancer and how can I prevent it?

The most common cause of skin cancer is exposure to UV rays from sunlight and tanning beds. While you cannot prevent skin cancer, you can reduce the risk by limiting your exposure to UV rays.

PROTECT your skin with clothing + **WEAR** a sun hat + **USE** UV-blocking sunglasses + **APPLY** broad-spectrum sunscreen SPF 30 every 2 hours

How is it treated?

There are surgical and nonsurgical ways to treat skin cancer. If diagnosed with skin cancer, it is best to understand all the advanced treatments available so you can work with your doctor to decide which one meets your clinical needs and personal goals.

Learn more about skin cancer and your options for treatment.
Call (888) 771-9904 to speak with a Skin Cancer Information Specialist
or visit GentleCure.com to find a location near you.

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