



One in five people will get skin cancer in their lifetime.

Should I be screened for skin cancer?

If you have an increased risk of skin cancer, due to fair skin, a history of excessive sun exposure, a weakened immune system, or family history of skin cancer, you should talk to your doctor about skin cancer screening.

Typically this involves an annual evaluation with a dermatologist to check for unusual lumps, bumps, or changes on your skin.

A

Asymmetry



One half does not match the other half

B

Borders



Uneven borders

C

Color



Variety of colors like brown, tan, or black

D

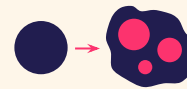
Diameter



Grows larger than the size of pencil eraser (¼ inch)

E

Evolution



Change in size, shape, color, elevation, another trait, or new symptoms

F

Funny Looking



If it doesn't look right, get it checked

How can I protect myself and my family from the sun?

Protect your skin from the sun by seeking shade and wearing sunscreen. Wear protective clothing, such as long-sleeved shirts, wide-brimmed hats, and sunglasses, and apply sunscreen with an SPF of 30 or higher.

Other than wearing protective layers, how can I prevent skin cancer?

To prevent skin cancer, you should also avoid tanning beds and sunlamps. These emit harmful UV rays that can damage your skin and increase your risk of skin cancer.

[Take this quiz](#) from the American Cancer Society to test your sun safety IQ.

What questions should I ask my health care team if I'm told I have skin cancer?

Some of the questions to consider asking are:

- What is my biopsy result?
- What type of skin cancer is it?
- Did the biopsy or excision remove all the skin cancer?
- Do I need further treatment? If so, what treatment do you recommend?
- Is this skin cancer likely to come back?
- Will I need any further tests after treatment is finished?
- How often should I get my skin checked?

