

# SKIN CANCER PREVENTION & AWARENESS

*Protect Your Skin. Protect Your Health.*

## LIVING HEALTHY AT 6,700 FEET

Our mountain community's high elevation means stronger UV rays and a higher risk for skin cancer.

**AWARENESS, PREVENTION & SCREENING SAVE LIVES.**



### WHY ELEVATION MATTERS

At higher altitudes, UV radiation is stronger. Your risk increases due to:



Thinner atmosphere lets more UV rays reach your skin.



Snow reflects up to 80% of UV rays, increasing exposure in winter.



Outdoor lifestyles mean more time in the sun, year-round.



Clouds don't block all UV rays—you can still get burned.

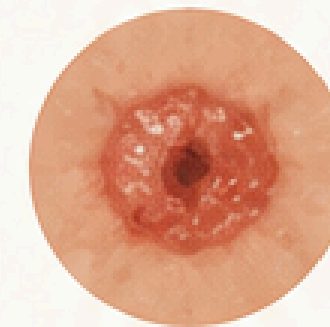
### KNOW THE 3 MAIN TYPES OF SKIN CANCER

#### BASAL CELL CARCINOMA



Most common. May look like a pearly bump, sore that doesn't heal, or scaly patch. Grows slowly but can cause local damage.

#### SQUAMOUS CELL CARCINOMA



May appear as a red, scaly patch or wart-like growth. Can spread deeper into the skin and other parts of the body if untreated.

#### MELANOMA



Most dangerous form. May develop in an existing mole or as a new dark spot. Can spread quickly. Early detection is critical.

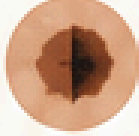
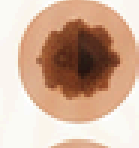
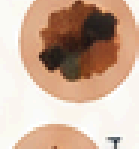
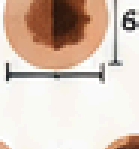



**ANYONE CAN GET SKIN CANCER**—regardless of skin tone. Know your risk. Protect your skin.

### WARNING SIGNS: CHECK YOUR SKIN

Look for any new or changing spots, sores that don't heal, or anything that looks different from the rest.

#### THE ABCDEs OF MELANOMA

- A ASYMMETRY** One half doesn't match the other. 
- B BORDER** Irregular, ragged, or blurred edges. 
- C COLOR** Multiple colors or uneven coloring. 
- D DIAMETER** Larger than about 6 millimeters (size of a pencil eraser). 
- E EVOLVING** Changing in size, shape, color, or symptoms over time. 

**!** If you notice any of these signs, see your doctor. Don't wait.

### SCREENING SAVES LIVES



- ✓ Skin cancer is most treatable when found early.
- ✓ Regular skin exams can catch problems before they become serious.
- ✓ Primary care providers (GPs or internists) can perform skin cancer screenings.
- ✓ They can monitor spots and refer you to a dermatologist if needed.



**DO MONTHLY SELF-CHECKS & SCHEDULE REGULAR PROFESSIONAL SKIN EXAMS.**

Talk with your primary care provider about what's right for you.

### EVERYDAY SUN PROTECTION TIPS



**WEAR SUNSCREEN**  
Use broad-spectrum SPF 30 or higher. Reapply every 2 hours and after sweating or swimming.



**COVER UP**  
Wear a wide-brim hat, UV-blocking sunglasses, and protective clothing.



**SEEK SHADE**  
UV rays are strongest from 10 a.m. to 4 p.m. Take breaks in the shade.



**BE EXTRA CAREFUL ON SNOW & WATER**  
Reflective surfaces intensify UV rays. Don't forget lips, ears, neck, & hands!



**AVOID TANNING BEDS**  
Indoor tanning increases your risk of skin cancer.



**CHECK THE UV INDEX**  
Plan ahead and protect your skin on days when UV levels are high.