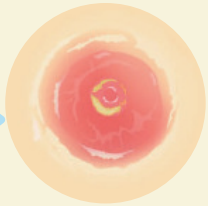
Protect the Skin You're in

What is Skin Cancer?

Typically, our skin cells grow and divide in a very specific and organized way, but sometimes, they can start to divide too quickly, resulting in **skin cancer**. Skin cancer can affect **ALL** skin, regardless of color, and specifically happens because of too much exposure to sunlight over time.

Types of Skin Cancer

1. **Basal Cell Carcinoma:** This type usually looks like a shiny or pearly bump. It's the most common and least dangerous kind of skin cancer. Doctors can usually remove it easily.



2. **Squamous Cell Carcinoma:** This one might look like a rough or scaly patch of skin, or a sore that won't heal. It's a bit more serious than basal cell carcinoma but can still be treated well if caught early.

3. **Melanoma:** This is the most serious type. It can look like a mole that changes in color, size, or shape. Melanoma needs to be treated quickly because it can spread to other parts of the body. To identify Melanomas use your ABCDE's!

A- **Asymmetrical** Shape, B- Irregular **Border**, C- Multiple **Colors**, D- Large **Diameter,** and E- **Evolving** Shape, Size, Color, or Other Traits

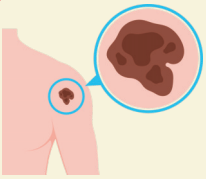
ALL Skin is at risk! So always remember to...

Wear Sunscreen, even on cloudy days

Stay in the shade

Reapply Sunscreen every 2 hours, or after swimming

Cover up!



Check yourself for any new or changing spots on your body