

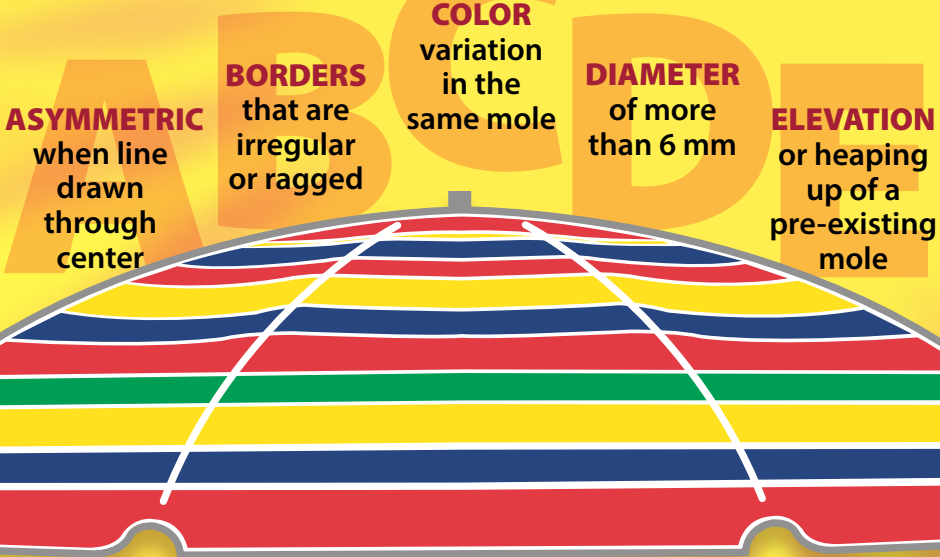
SKIN CANCER AWARENESS

WHAT YOU SHOULD KNOW

Skin cancer is the most common form of cancer in the United States. More than 3.5 million skin cancer cases are diagnosed annually. Over 76,000 new cases of melanoma of the skin are estimated for 2013.

Know your ABC's

See your dermatologist for moles or skin changes that have any of the following characteristics:



ASYMMETRIC
when line drawn through center

BORDERS
that are irregular or ragged

COLOR
variation in the same mole

DIAMETER
of more than 6 mm

ELEVATION
or heaping up of a pre-existing mole



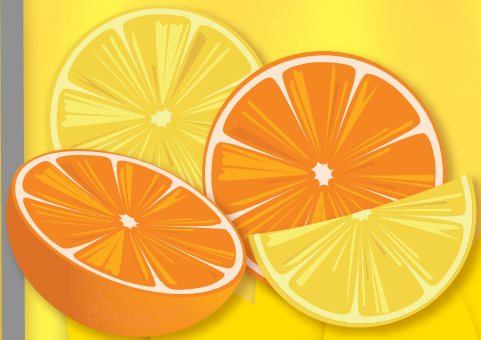
11 A.M. - 3 P.M. AVOID HIGH RISK HOURS IN THE SUN!

At any age: Always wear sunscreen and cover up any time of day!

Certain fruits and vegetables contain immune-boosting ingredients and are rich with nutrients.



EATING THREE OR FOUR AVOCADOS per week can help reduce skin damage.



Citrus fruits contain antioxidants to protect cells from changes that lead to skin cancer.

Vitamin A, found in carrots, has been linked to a reduced risk of sunburn, which can reduce the risk of skin cancer.

Effects of sun exposure may not appear until **30 YEARS** after the event.



Tanned skin is damaged by the sun's radiation. People of **ALL AGES** should limit their exposure to the sun's rays.



Cancer Treatment Centers of America®

Winning the fight against cancer, every day.®

Resources:

cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-036845.pdf
epa.gov/sunwise/doc/nv_facts_print.pdf