



5 Ways to Prevent Skin Cancer

This month is a special month dedicated to remind us just how important it is that we protect our skin from the sun. The aim of this month is to raise awareness of the most deadly form of skin cancer. The entire month of May is National Skin Cancer Awareness Month and it is important to understand that everyone, despite age, race or skin type is at risk for skin cancer. In fact, 1 in 5 Americans will have skin cancer at some point in their life. Skin cancer is common and it could happen to you. However, there are ways to prevent skin cancer and reduce your risk. Here are 5 different ways you can protect your skin from developing skin cancer:

1. Wear Sunscreen-

This is perhaps the most important of all the ways to prevent skin cancer. You should be wearing sunscreen 365 days a year! The sun beats down on us each and every day, even if we don't see it. You should be sure to apply sunscreen whenever you go out. When selecting your daily sunscreen, be sure to get an SPF of at least 30 and make sure it contains at least one of these ingredients: titanium dioxide, zinc oxide or parsol 1789 (avobenzone). Also, it is important to apply enough sunscreen when you go out. If you are going out for an extended period of time, you should be applying 2 tablespoons of sunscreen every 2 hours.

2. Avoid Sun-

If you forget your sunscreen, you will want to avoid the sun as much as possible. Wearing a hat and long sleeves and long pants will also help to reduce your sun exposure. It is important to know that the sun is hottest between the hours of 10 a.m. and 4 p.m., so you should seek shade whenever possible, especially between those hours.

3. Check your skin monthly-

Skin cancer is treated most easily when it is caught early. If you set aside time every month to check your skin, you will know if something suspicious shows up. Checking your skin monthly allows you to catching anything unusual early and then get in to see your dermatologist as soon as possible. When checking your own skin, don't forget to look in hard to see places like your scalp, back, bottoms of your feet and between your toes. You may ask someone who cares about you to help you in this process to ensure that every inch is checked.

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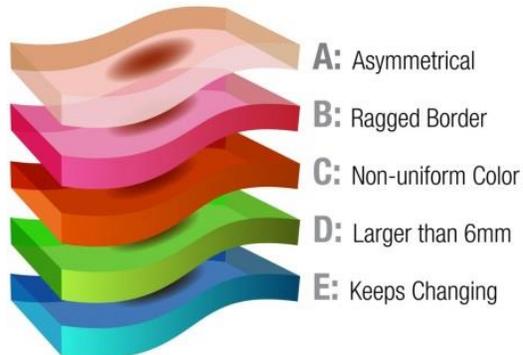
Dr. Roger Moore

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4. Know what to look for-

When you check your skin it is important that you know the signs of skin cancer. The most important thing to remember is that if you have a new or changing mole or lesion, you should have it checked. If something is new and changes or if something just won't go away, then you should go in to have it checked. The following diagram contains the ABCDE's of melanoma:

Skin Cancer Detection



5. Annual Full-Body Skin Exam-

Last but certainly not least, it is essential to have your skin checked by a skin professional at least once a year. Your dermatologist knows what to look for. In fact, Dr. Moore is a skin cancer expert. He will look you over head to toe to ensure that nothing is suspicious. If he does find something suspicious, he will most likely perform a procedure known as a biopsy to test the site to make sure it does not contain skin cancer. If he does find skin cancer, you can rest easy knowing you are in good hands. Here at DermacenterMD, we offer to most comprehensive and state of the art treatments for skin cancer.

If you or someone you know is concerned about skin cancer, do not hesitate to call our office and set up your skin cancer screening exam. It could save your life, or the life of someone you love!

Call today! 574-522-0265. No referral is necessary.

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