

Prevention

1. Check your skin monthly in front of a full-length mirror. If you are high risk, check it more often. Don't forget the areas that are hard to see including backs of ears, scalp, and neck.
 2. If you observe suspicious sores, contact your medical provider immediately.
 3. Consider a full body skin exam by a dermatologist annually, as recommended by the Skin Cancer Foundation.
 4. Avoid excess sun exposure
 5. Use sunscreen SPF 15 or greater
 6. Do not burn
 7. Seek shade, especially 10.am-4pm
 8. Avoid tanning and UV salons
 9. Use sunscreen with minimum SPF 15 for protection from UV A & B rays.
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WHAT ELSE SHOULD I KNOW?

The seven warning signs of cancer are listed below

Change in bladder or bowel habits

A sore that does not heal

Unusual bleeding or discharge

Thickening or lump in breast or elsewhere

Indigestion or difficulty swallowing

Obvious change in wart or mole

Nagging cough or hoarseness

Resources

American Cancer Association- cancer.org

Skin Cancer Foundation-www.skincancer.org

American Academy of Dermatology-
AAD.com

A Gonzaga graduate nursing student, Donna L. Braswell created this informational material. It should be used in consultation with a health care provider.

ABOUT BASAL CELL CARCINOMA

The Sun Cancer



THE MOST COMMON FORM OF CANCER

Basic information on this very dangerous form of skin cancer.

1. The major cause is chronic sun exposure. The face, ears, neck, scalp, shoulders, and back are the most common affected body areas.
2. Anyone with a history of sun exposure is at risk. However, blonde or red hair and blue, green, or gray eyes and those who spend excess time in the sun for leisure or their job are at greatest risk.
3. It can have two or more of the features shown in the pictures. Some forms are mistaken for a rash.

Shown below is a shiny bump which can be tan, black, brown, pink, red, or white. It can be confused with a mole.



A sore that won't heal is a very common sign of an early basal carcinoma. An open sore may bleed, ooze, crust, and remain open for more than three weeks.



A pink growth with an elevated, rolled border and a crusted indentation is another way this can present. As it enlarges, it may grow blood vessels.



It may also present as a reddish patch or irritated area often on the chest, shoulders, arms, or legs. It may itch or hurt, or it may be unnoticeable.



A scar like area that is white, yellow, or waxy with irregular edges can indicate the presence of an aggressive tumor. The skin will be shiny and firm.



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