

Don't Forget The Sunscreen

July is here and many of us will be vacationing at the beach for some fun in the sun! Did you remember your sunscreen? What is the SPF of your sunscreen? If it is less than 15, it will not protect you adequately from the sun's ultra violet rays. Skin cancer is the most common form of cancer in the United States. According to the Skin Cancer Foundation, "**One in five** Americans will develop skin cancer in the course of a lifetime".

There are three types of skin cancer:

Basal Cell Carcinoma: The most common form of skin cancer. Every year there is an increase in this type of cancer. Basal cell is easily treated and least likely to spread, but if left untreated it can spread and cause damage to the surrounding tissue and bone.

Squamous Cell Carcinoma: Second most common form of skin cancer. This type is also treatable, but if left alone it can spread and cause complications.

Melanoma: This is the most deadliest type of skin cancer. If untreated it will spread and can be fatal. Melanoma can be cured and if diagnosed early and then treated.

The warnings signs for these types of skin cancers are as follows:

- **Asymmetry** - The shape of the mole does not match the other half.
Border - The edges of the mole are ragged, irregular, scalloped or poorly defined.
- **Color** - The color of the mole is uneven and may be black, brown or tan and sometimes white, red or blue.
- **Diameter** - greater than 6mm, but can be smaller.

There are ways to prevent skin cancer starting with self and yearly exams, avoiding the sun from 10am to 4pm, using sunscreen with an SPF of 15+, avoiding tanning booths and always covering up if you must be outside.

Remember that prevention begins with you. If you have any questions about skin cancer prevention please contact us at Personal Health Partners by calling **800.327.7272**.

