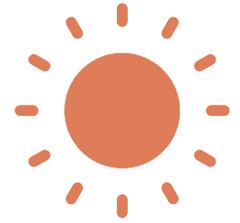


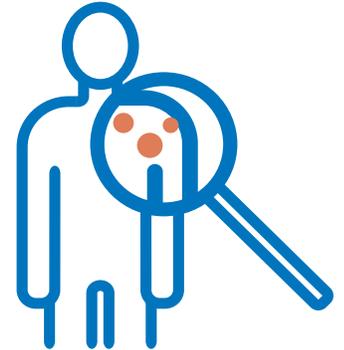
# Skin Deep

Why you should get screened for skin cancer.



Lucky we live in Hawaii where we enjoy year-round sunshine. But more sunlight means more exposure to higher levels of ultraviolet (UV) radiation, which raises the risk for skin cancer.

Skin cancer is the most common cancer in the U.S. About one in five people in the US will develop skin cancer in their lifetime. But it's also one of the most preventable, treatable cancers when caught early. That's why it's important to get skin cancer screenings regularly, especially if you see any changes in your skin. Your HMSA EUTF plan includes a skin cancer screening benefit once a calendar year.



## What to look for

Three types of skin cancer and their common characteristics:

- **Basal cell carcinoma.** Pearly or shiny bump, a pink growth, or a sore that doesn't heal.
- **Squamous cell carcinoma.** Scaly patch, a firm red bump, or a sore that crusts or bleeds.
- **Melanoma.** An unusual mole that changes appearance. Less common but more dangerous.

## A, B, C, D, and Es of melanoma

Use this rule from the American Academy of Dermatology (AAD) to identify possible warning signs:

-  **A**symmetry – Half of the spot does not match the other.
-  **B**order – Edges that are irregular, uneven, or poorly defined.
-  **C**olor – Different shades of brown, black, tan, red, white, or blue.
-  **D**iameter – Typically larger than six millimeters.
-  **E**volving – A spot that changes over time in size, shape, or color and may also itch or bleed.

## Self-exams

Skin cancers can grow in places that don't often get sun exposure. Check your skin from head to toe, including your scalp, behind your ears, between your toes, the soles of your feet, and under your nails. Use mirrors or ask a partner for help in hard-to-see places, such as your back.

Skin exams are particularly important if you're at higher risk because of:

- Family history of skin cancer.
- A large number of moles or atypical moles.
- Significant sun exposure, blistering sunburns, or use of tanning beds.

## Take action

Talk to your primary care provider about getting a skin cancer screening.

The AAD recommends a broad spectrum water resistant sunscreen against UVA and UVB rays. SPF 30 or higher. In addition, seek shade, and wear sun protective clothing.