

One STEP Ahead of skin cancer



May | Join us by registering at: ascension.org/GaviniCancer

As summer and fun in the sun approaches, it is important to know how to stay a step ahead of skin cancer.

What is skin cancer?

There are several different types of skin cancer. The most common forms of skin cancer are basal cell carcinoma and squamous cell carcinoma. Actinic keratosis is a skin condition that sometimes becomes squamous cell carcinoma. Melanoma is a form of skin cancer that develops in cells that make melanin, the pigment that gives skin its natural color.

Risk factors include:

- Fair skin
- History of sunburn and sun exposure
- Family history of skin cancer
- Moles and/or precancerous lesions
- Weakened immune system
- Exposure to radiation

What can I do to reduce my risk of skin cancer?

- Routinely check your entire body for changes to or blemishes on your skin
- Pay attention to areas that appear to be new and/or different, as well as the borders, color and diameter of the area(s)
- Use a broad spectrum sunscreen with a sun protection factor (SPF) of 15 or greater
- Reduce UV exposure, including indoor tanning
- Wear sunglasses, hats and protective clothing



Next steps:

- Schedule a cancer screening with your doctor.
- Ask your doctor what types of sunblock are best suited for your skin.
- Register for the May STEP Ahead virtual seminar by scanning the QR code or visiting ascension.org/GaviniCancer. For more information, call **248-849-2781**.



Ascension Michigan

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