

Skin Cancer

Skin cancer doesn't care if you're busy — it shows up anyway. Have you been noticing new bumps, moles, patches of different variations on your skin? You might just be getting skin cancer.

There are main 3 types of skin cancer:

Basal Cell Carcinoma

These develop from basal cells and found on the deepest part of the outer layer of skin, our epidermis,

This type comes mostly from where the sun hits. These counts for 75% of non-melanoma skin cancers

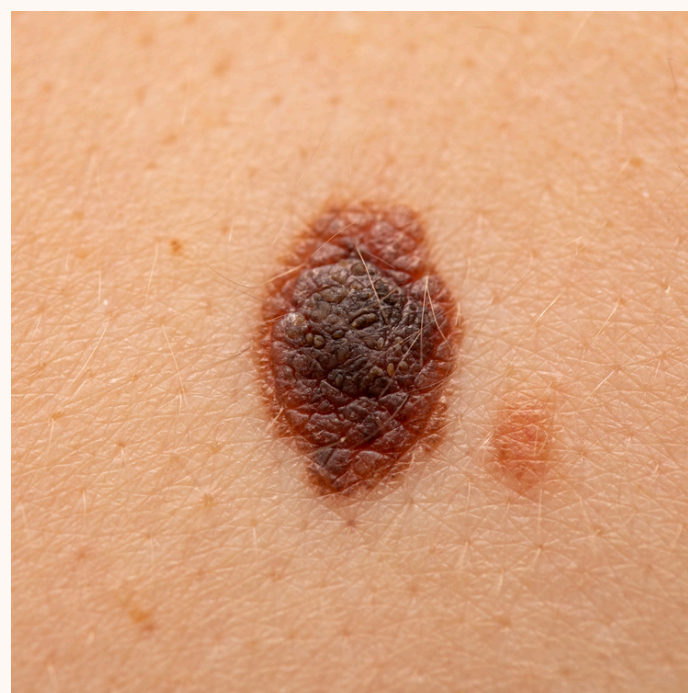


Melanoma

While the least common, Melanoma is the most deadly of the 3.



This type develops in the melanocytes, the skin cells in the epidermis which allow to create the pigmentation in our skin.



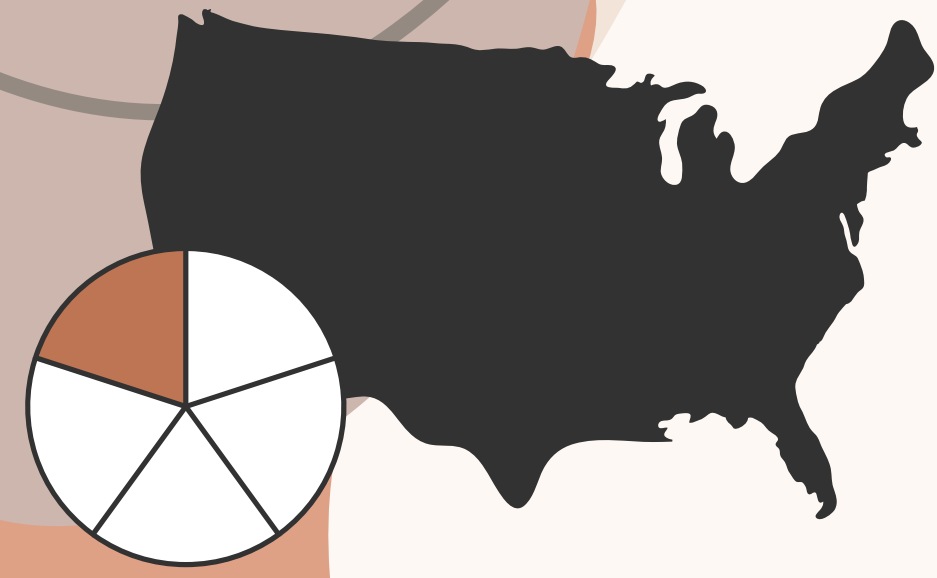
Squamous Cell Carcinoma

This can develop from abnormal growth of squamous cells found in the middle and outer layers of the epidermis.

Accounts for the other 25% of non-melanoma skin cancers



THE DATA:



According to the Skin Cancer Foundation...

An estimated 8,430 people will die of melanoma in 2025..

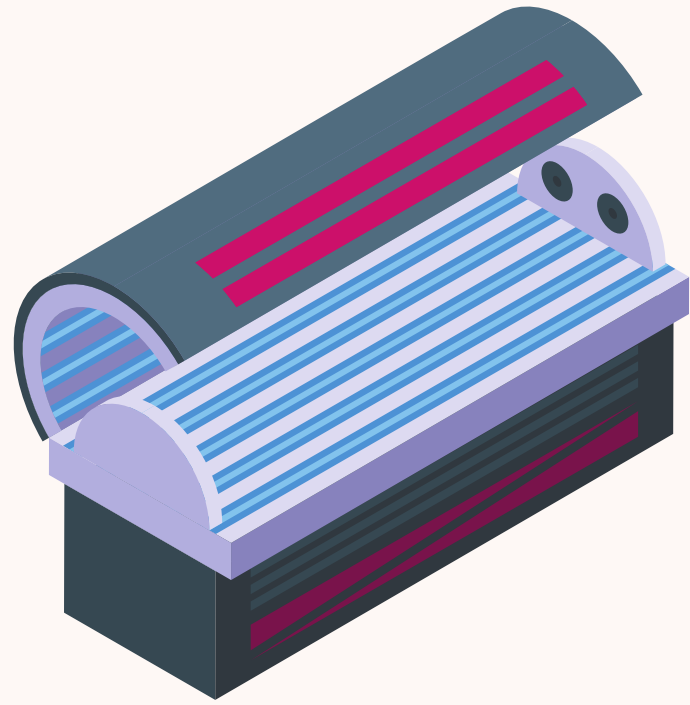
& more than 2 people die EVERY HOUR in the U.S from it.

- On average, a person's risk for melanoma **doubles** if they have had **more than five sunburns** in their life.
- *It's estimated that the number of new melanoma cases diagnosed in 2025 will increase by 5.9 percent.*
- Skin cancer is the **most common type of cancer**, affecting 1 in 5 people.
- **56 people out of 100,000** people (out of both male and female) in Washington State back in 2019 got diagnosed with melanoma (Washington Tracking Network)



this increase appears to result from **lifestyle shifts that have been created over time that highlight more time outdoors**, increased public awareness and advances in diagnostic practices are leading to more reported cases.

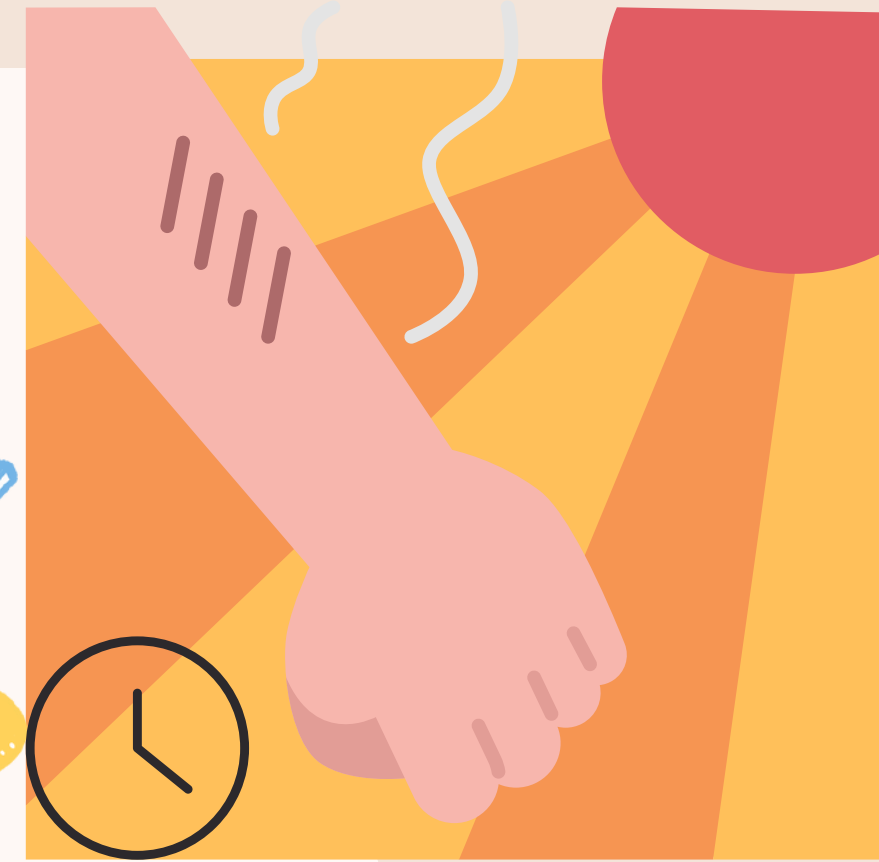
Factors that can cause skin cancer:



Too much use of tanning beds

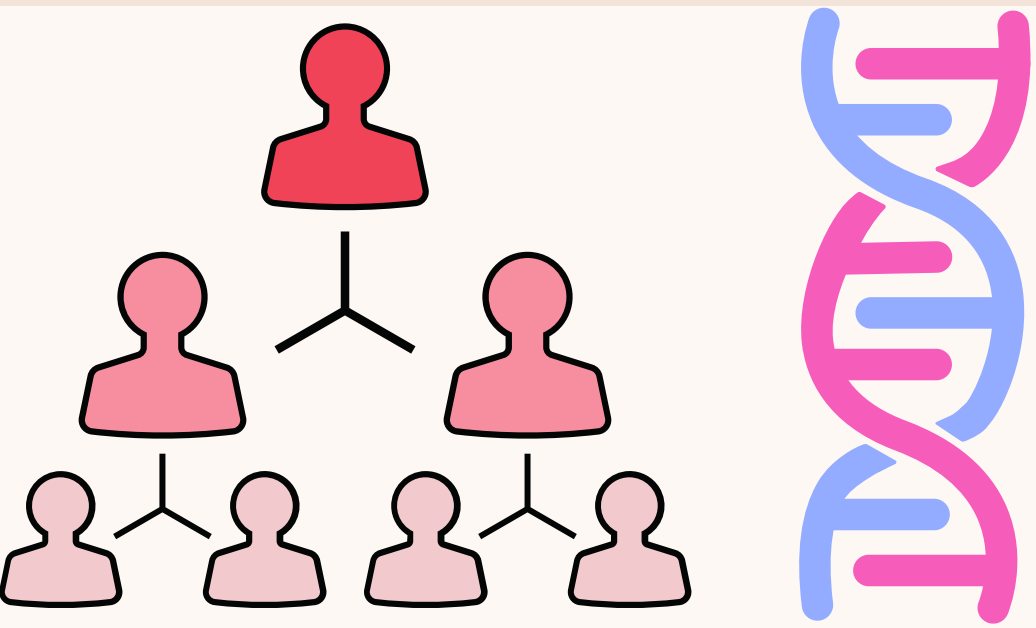


Prolonged and repetitive exposure of the sun



..all have UV radiation involved that penetrates skin cells over time, and can damage the skin overtime even with no visible sunburnt forming.

Genetics and Family history



... can also play a role in increasing the likelihood of you getting skin cancer.

Examples such as having..

- A family history of skin cancer,
- Chronic skin inflammation,
- A weakened immune system,
- & other certain skin conditions.

..& just certain demographics also have an increased chance as well such as..

Those over the age of 50,

Males more than
Females

Those with lower-pigmented skin

But no age group, gender, or skin tone is really immune to skin cancer. **If you are a human & you have skin, you can get it.**

Medical Treatments:

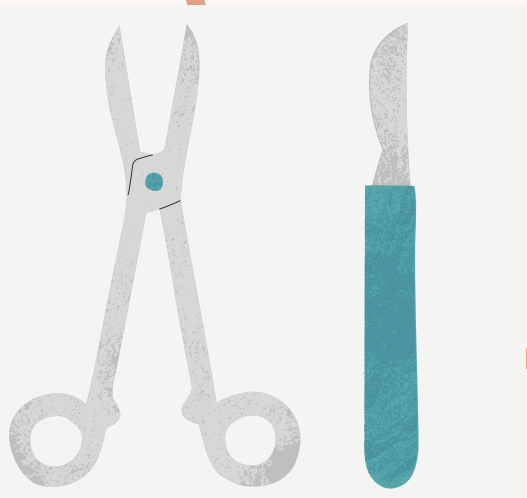
Melanoma

- **Surgery:** Melanoma removal is a wide local incision to remove the tumor and a margin of surrounding healthy skin.
- **targeted therapy**
- **Immunotherapy**
- **chemotherapy**



Squamous Cell Carcinoma

- **Surgery:** These include excision, mohs surgery (surgery that specifically used to treat this certain type of skin cancer), curettage (removal of the tissue) and electrodesiccation (dry out and remove the abdominal tissue).
- In some cases, they use laser surgery.



Basal Cell Carcinoma

- **Surgery:** Removal of basal cell carcinoma is a surgical excision that removes the tumor and a margin of surrounding healthy tissue.
- **Medication:** Skin cream

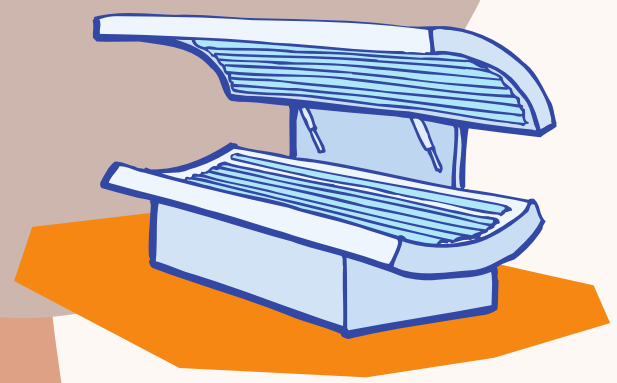


Self-skin checks monthly give a free-easy way to check your skins health. Follow step-by-step guides accompanied with images through websites like the American Cancer Society.

If things start looking worrisome, check in with a health professional if you should consult with a dermatologist.(Check Pg.5 for a insurance-free healthcare alternative.

While there are multiple medical treatments available,
keep your skin safe and avoid it all together!

Here are tips that can help keep your skin healthy:



Avoid Tanning beds & Prolonged time in the sun

Peak sun time is between 11am - 1pm, where UV rays are the strongest.



Wear protective clothing when you can!



WEAR SUNSCREEN EVERYDAY!

This is the easiest way to avoid future skin problems.
According to SCF, Regular daily use of an SPF 15 or higher
sunscreen reduces the risk of developing melanoma by 50
percent.

However, sunscreen with **at least SPF 30** should be ok (It's also
super affordable!)

Get skin checks monthly to maintain health skin!

*Lastly, Inform your community & utilize the resources they
have available. !*



Many different communities have health vans and
insurance-free health care access, whether it be at
schools, places of worships, community centers, just look
around!

Additionally, share these tips with your community
& let them know the dangers of skin cancers & share
these tips and tricks on how to keep their skin
healthy!