

Talk to Your Patients about Skin Cancer

- Skin cancers account for nearly half of all cancers diagnosed in Texas
- Texas ranks third in the U.S. for melanoma incidence, with about 3,860 individuals diagnosed annually
- 38 percent of melanomas are diagnosed in individuals under age 50
- Estimated annual cost of melanoma treatment in the U.S. is \$536 million
- Risk Factors:
 - Sunburns before age 18
 - Exposure to ultraviolet radiation
 - Fair complexion
 - Many or abnormal moles
 - Personal or family history of skin cancer
 - Geography – living in southern states
 - Occupational exposure to coal, tar, pitch, creosote, arsenic or radium
- African-Americans and Hispanics can get skin cancer
- Know your ABCDEs: Asymmetry, Border irregularity, Color variation, Diameter of 6mm or larger, Elevation

Free Patient Education Poster from Texas Cancer Data Center

For more free posters or Texas Cancer Data Center brochures:

Texas Cancer Data Center – 220
1515 Holcombe Blvd.
Houston, TX 77030
(713) 792-2277
E-mail: tcdc@txcancer.org
www.txcancer.org

For cancer-related continuing medical education information:

Texas Medical Association's
Physician Oncology Education Program
1 (800) 880-1300, Ext. 1672
E-mail: poep@texmed.org
www.poep.org

Other Sources: American Cancer Society, National Cancer Institute

THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER
Making Cancer History®

TEXAS MEDICAL
ASSOCIATION

Physician Oncology Education Program
Physicians Caring for Texans



Skin Cancer

Cáncer de la piel

Deep in the Heat of Texas

Facts to Consider

One in three Texans will develop skin cancer in their lifetime

Protect yourself by limiting sun exposure:

- Avoid the sun from 10 a.m. – 4 p.m.
- Cover up with clothing, hat and sunglasses
- Use sunscreen with SPF 15 or higher and reapply every two hours
- Avoid sunlamps and tanning booths

If detected early, most skin cancer is highly curable

Some skin cancers (melanoma) can be dangerous - regularly check yourself from head to toe. See a doctor if you have:

- Suspicious skin area
- Sore that doesn't heal
- Change in a mole or freckle

Information is the key to prevention

Texas Cancer Data Center can tell you about:

- Physicians treating skin cancer
- Facilities providing treatment
- Support groups in your community
- Links to reliable Web sites

Considere los hechos

Uno en tres tejanos desarrollará cáncer de la piel en su vida

Protéjase limitando la exposición al sol:

- Evite el sol entre las 10 de la mañana a las 4 de la tarde
- Cúbrase con ropa, sombrero y anteojos de sol
- Use protector solar con factor de protección (SPF) de 15 o más y reaplique cada dos horas
- Evite las lámparas de sol y las camas para broncear la piel

Si se detecta temprano, la mayoría de los cánceres de la piel son curables

Algunos cánceres de la piel (melanoma) pueden ser peligrosos - revítese regularmente de pies a cabeza. Visite a un doctor si tiene:

- Una área sospechosa de la piel
- Una llaga que no cicatriza
- Un cambio reciente en una verruga o lunar

Información es la clave de prevención

El Texas Cancer Data Center tiene información sobre:

- Médicos que tratan cáncer de la piel
- Lugares que ofrecen tratamiento
- Grupos de apoyo en su comunidad
- Enlaces a sitios de la Web confiables

www.txcancer.org