



BlueResourceSM – Protecting Your Health – Screening for Skin Cancer

Spot the Signs of Possible Skin Cancer

Fresh air and sunshine can make you feel good. All that sun can damage your skin. Make sure you protect your skin when you're outside. It takes six sunburns to double your risk for skin cancer. One in five Americans develop skin cancer by the time they're 70. Often, it's found too late. Check every part of your skin from your scalp to your toes.

See your doctor if you notice any of these warning signs:

- **a new growth** that gets bigger and looks pearly, transparent, tan, brown, black or several colors
- **a mole, birth mark or brown spot** that grows or is bigger than a pencil eraser, becomes thicker or changes color or texture
- **a spot or skin sore** that itches, hurts, bleeds and scabs over
- **a sore** that doesn't heal within three weeks



Keep an eye on your skin with regular self-exams.