



SKIN CANCER

THE BYU WELLNESS PROGRAM

INFORMATION FROM THE AMERICAN CANCER SOCIETY

Skin cancer is the most common form of cancer among men and women in the United States. It was estimated that there were 1 million new cases diagnosed in 2003. Although highly common, in almost 100% of cases, early detection of skin cancer can lead to successful treatment.

The three major types of skin cancer include basal cell carcinoma, squamous cell carcinoma, and malignant melanoma. Basal cell and squamous cell carcinomas, which are found in the outer layer of skin, are classified as non-melanoma and are highly curable. These types of skin cancers rarely spread to other parts of the body and usually occur in places often exposed to the sun, such as the face, ears, neck, and lips. Malignant melanoma on the other hand is much more serious, resulting in 75% of skin cancer deaths. It originates in the melanocytes or the cells that produce skin coloring. When detected early, malignant melanoma is also often curable.

Risk Factors for Skin Cancer

- Chronic exposure to the sun
- History of sunburns in childhood
- Use of tanning booths
- Family history of skin cancer
- Atypical moles or a large number of moles
- Light skin color, hair color, or eye color
- Freckles

Symptoms of Skin Cancer

- Any change on the skin, especially in the size or color of a mole or other darkly pigmented growth or spot, or a new growth
- Scaliness, oozing, bleeding, or change in the appearance of a bump or nodule
- The spread of pigmentation beyond its border such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, itchiness, tenderness, or pain

Prevention

- Avoid the mid-day sun (11 a.m. to 3 p.m.)
- Wear protective clothing (sun hats and long sleeves)
- Use a SPF 15 sunscreen daily that blocks both UVA and UVB rays
- Avoid tanning booths

How to Perform a Skin Check

It is best to check your skin monthly so you are familiar with the normal patterns of your skin. There are 5 simple steps you can follow to detect possible skin cancer. It is best to do this after showering in a well lighted room. Be sure to notify your doctor of any suspicious moles or areas of skin.

1. Examine the front and back of your body in a full-length mirror being sure to lift arms to check sides as well.
2. Bend your elbows and examine forearms and upper underarms. Check palms, hands and fingers.
3. Examine backs of legs and feet. Don't forget to check between the toes and the soles of your feet as well.
4. Use a hand mirror to help examine the back of the neck and scalp. Use a comb or hair dryer to help part hair.
5. Use a hand mirror to help examine lower back and buttocks.

What to Look for in Moles

In addition to paying attention to the previously listed symptoms of skin cancer here is a simple description of what to look for in moles. It is known as the ABCD rule.

ASYMMETRY: One half does not match the other half.

BORDER IRREGULARITY: The edges are ragged, notched or blurred.

COLOR: The color is not the same all over, but may have differing shades of brown or black, sometimes with patches of red, white, or blue.

DIAMETER: The area is larger than 6 millimeters (about ¼ inch -- the size of a pencil eraser) or is growing larger.

UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT
www.byu.edu/wellness OR CALL 2-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

MAY EVENTS

1

“ALLERGIES AWARENESS” 3K OUTDOOR FUN WALK

FRIDAY, MAY 14, 11:45 A.M. - 12:45 P.M.

REGISTRATION: FIRST HALF HOUR (11:45 - 12:15) IN THE QUAD
BETWEEN THE SFH AND RB

Where do allergies come from? Do genetics play a part? Can breastfeeding prevent allergies? Can you outgrow allergies? Come find out at our first fun walk of the summer! Enjoy great exercise, enter to win fun prizes, and receive a Wellness water bottle or lunch box and healthy snacks upon completion of the walk.

2

“ALL ABOUT ALLERGIES” WELL & WISE SEMINAR

WEDNESDAY, MAY 19

12 NOON - 1 P.M.
3228 WSC

Do you or a loved one suffer from allergies? Allergies are the 6th leading cause of chronic disease in America with an annual cost exceeding \$18 billion. Come and learn as Dr. Hoffman enlightens about allergies, what causes them, allergy symptoms, common allergens in our area, prevention, and treatment. Registration required, register online or call 2-5884.

3

“SUMMER SHAPE UP” FITNESS CHALLENGE

REGISTRATION DEADLINE: MAY 19TH
MAY 24 - JULY 17

Get in shape this summer by participating in the summer fitness challenge. This challenge will be focusing on exercise and points will be recorded on an individual level, which allows you to set your own pace. Don't miss out on this great opportunity to get in shape this summer! Register online.

4

RACQUETBALL SEMINAR

THURSDAY, MAY 27

12 NOON - 1 P.M.

Need something fun to do this summer? Come learn a new sport! Micah Drummond will teach the racquetball basics you need to play. Registration is limited so sign up today. Register online or call 2-5884.

Check out our website (www.byu.edu/wellness) for our online cookbook and upcoming summer cookoff!

JUNE EVENTS

1

CPR CERTIFICATION COURSE

JUNE 9TH: ADULT CPR

JUNE 11TH: INFANT, CHILD, AND FIRST AID

8:00 AM - 12:00 NOON

This course is limited to BYU personnel and their family. Participants can choose to attend the first day only or both days. Seating is limited, so sign up today. Register online or call 2-5884.

2

TENNIS SEMINAR

THURSDAY, JUNE 3

12 NOON - 2 P.M.

Add something new to your exercise this summer. Join us with Dr. Hager to pick up a new tennis hobby or to improve a current one! Learn helpful tips and get hands on experience. Register online or call 2-5884.

3

“DISASTER PREPAREDNESS” 3K OUTDOOR FUN WALK

FRIDAY, JUNE 25, 11:45 A.M. - 12:45 P.M.

REGISTRATION: FIRST HALF HOUR (11:45 - 12:15) IN THE QUAD
BETWEEN THE SFH AND RB

Come join us at our June/July fun walk and learn about disaster preparedness! Enjoy great exercise, enter to win fun prizes, and receive healthy snacks upon completion of the walk.

4

“WORK/LIFE BALANCE” WELL & WISE SEMINAR

WEDNESDAY, JUNE 30

12 NOON - 1 P.M.
3250 WSC

Balancing your life and many responsibilities can be a tough act. Dr. E. Jeffrey Hill, associate professor in the School of Family Life, will be teaching how to find peace in your busy life. Registration required, register online or call 2-5884.