

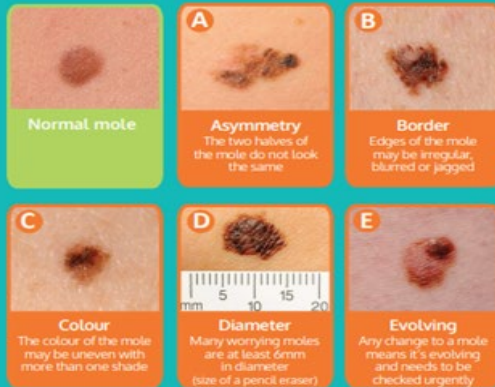
WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health, and prosperity.



Malignant melanoma

Any changes to moles should be checked by a doctor. The **ABCDE** guide is an easy way to identify some of the most common things to look for.



Common places to develop malignant melanomas:

- In MEN the back and the chest.
- In WOMEN the legs and arms.

Remember, changes can appear anywhere including areas not exposed to the sun.



Skin Cancer Awareness

May is **Skin Cancer Awareness** Month. Skin cancer is the most common cancer in the United States. Basal and squamous cell carcinomas are the two most common types of skin cancer. Melanoma is the third most common type of skin cancer and causes the most deaths due to its tendency to spread to other part of the body. Most skin cancers are caused by too much exposure to UV rays from the sun, tanning beds, and sunlamps.

Skin Cancer Risk Factors:

- Exposure to UV rays
- Lighter natural skin color
- Skin that burns, freckles, reddens easily, or becomes painful in the sun
- Blue or green eyes
- Blond or red hair
- Certain types and a large number of moles
- Family or personal history of skin cancer
- Older age



Signs & Symptoms:

- Changes on skin such as a new growth, a sore that doesn't heal, or a change in a mole
- A spot or sore which continues to itch, hurt, scab, crust or bleed for more than 4 weeks or does not heal within 4 weeks
- Ulcerated areas or patches where the skin has broken down and does not heal within 4 weeks

Ways to Reduce Your Risk:

- Stay in the shade
- Wear clothing that covers your arms and legs
- Wear a hat with a wide brim to shade your face, head, ears, and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Use a broad-spectrum sunscreen with a SPF of 15 or higher. Reapply at least every 2 hours and after swimming, sweating, or toweling off.
- Avoid using indoor tanning

References:

- <https://www.tenovuscancercare.org.uk/support-and-information/healthy-living-advice/staying-safe-in-the-sun/signs-and-symptoms-of-skin-cancer>
- <https://www.cdc.gov/cancer/dcp/resources/features/skincancer/index.htm>

Purdue Student Health Center
601 Stadium Mall Drive
West Lafayette, IN 47907
765-494-1700
www.purdue.edu/push