

## How Can I Prevent Skin Cancer?

There are no guaranteed ways to protect yourself from skin cancer. However, here are some helpful tips:

### 1 *Schedule wellness visits with your dermatologist.*

Be sure to mention any noticeable changes in moles or the skin's appearance.

### 2 *Avoid prolonged sun exposure between the hours of 10 AM and 4 PM.*

If you must be outdoors and shade is limited, wear protective clothing and apply SPF 15 sunscreen often. Don't be fooled by cloud cover or a snowy winter day. Harmful rays can pass through clouds and damage skin, especially when reflected off of snow.

### 3 *Add antioxidant-rich foods to your diet.*

A diet filled with foods like strawberries, blackberries, blueberries, wild salmon, green tea, and other foods filled with catechins helps fight against sun damage. The most effective catechin is epigallocatechin-3-gallate (EGCG).

## What happens if I'm diagnosed with skin cancer?

*First, don't panic.*

Your dermatologist will examine the cancer type, the size, and the location of the skin cancer. Together, you'll discuss the best options that treat the disease while also considering your overall health.



**PATHOLOGY**  
WATCH

[www.pathologywatch.com](http://www.pathologywatch.com)



## Non-Melanoma Skin Cancer



## Did you know?

More than 9,500 people are diagnosed with skin cancer every day.

More Americans are diagnosed with skin cancer each year than all other cancers combined.

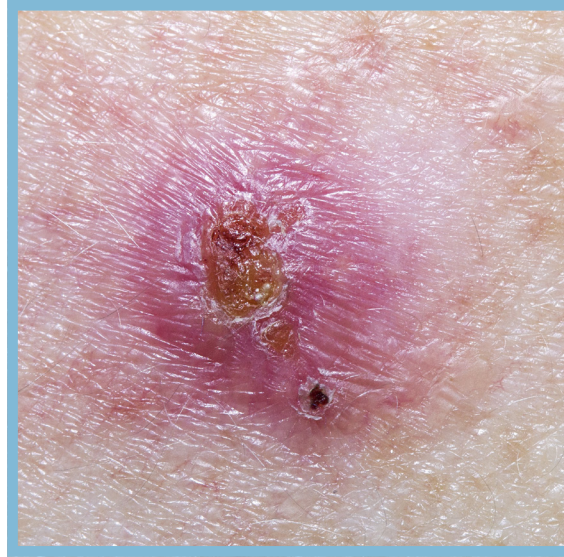
Early detection is key to successfully treating skin cancer. Studies show that the estimated five-year survival rate for melanoma cases that are detected early is around 99 percent. That number falls to 66 percent when cancer reaches the lymph nodes and 27 percent when it metastasizes to the organs.

It's important to educate yourself on the risks, symptoms, and preventative strategies to protect yourself and your family. But where do you start?

Here are some of the more common questions we are often asked about skin cancer.



## What are the two most common types of cancer?

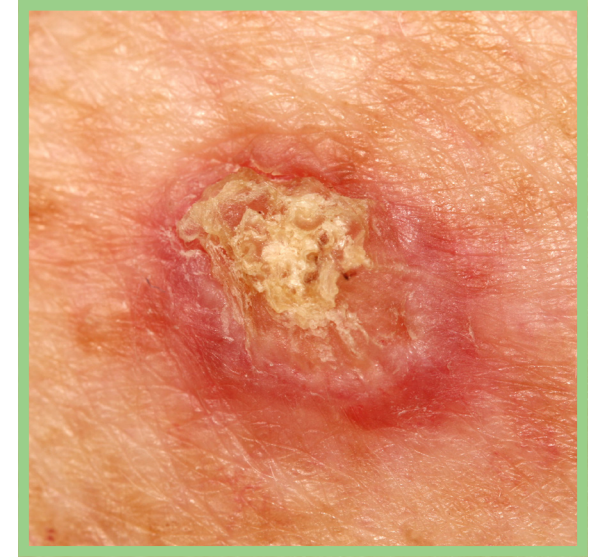


### Basal Cell Carcinoma

With around 4.3 million cases being diagnosed each year, basal cell carcinoma (BCC) is the most common form of skin cancer.

According to Rajni Mandal, MD, a dermatopathologist at PathologyWatch, patients with BCC may experience some of the following symptoms:

- Sores that don't heal
- Patches of skin that remain irritated and red
- A bump of skin that may resemble a mole but appears shiny, pink, or pearl-like in appearance
- An area where skin looks shiny and taut with poorly defined borders and a scar-like appearance



### Squamous Cell Carcinoma

Squamous cell carcinoma is the second-most common skin cancer, with around one million cases diagnosed each year. The common symptoms include the following:

- A rough bump in the skin, often crusted over
- A red, rough flat patch of skin
- A dome-shaped bump that grows larger
- A bump that bleeds
- A sore that won't heal

