

# FACTS

## About Skin Cancer

### RISK FACTORS

- Too much exposure to ultraviolet (UV) radiation from sunlight or tanning beds and lamps)
- Pale skin (easily sunburned, doesn't tan much or at all, natural red or blond hair)
- Exposure to large amounts of coal tar, paraffin, arsenic compounds, or certain types of oil
- You or members of your family have had skin cancers
- Multiple or unusual moles
- Severe sunburns in the past
- Weakened immune system
- Older age (although melanomas can also occur in younger people)

### SYMPTOMS

- Any change on your skin, especially in the size or color of a mole, growth, or spot, or a new growth (even if it has no color)
- Scaliness, roughness, oozing, bleeding, or a change in the way an area of skin looks
- A sore that doesn't heal
- The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, such as itchiness, tenderness and pain

### TYPES OF SKIN CANCER

Squamous Cell  
Basal Cell  
Melanoma

### SCREENING GUIDELINES

Screening guidelines vary depending on family history and skin type. Please consult your primary care physician to determine how frequently you should be screened.

### HOW CAN I PROTECT MYSELF?

Follow the Slip! Slop! Slap!® and Wrap! rules:

- **Slip on a shirt:** Cover up with protective clothing to guard as much skin as possible when you're out in the sun. Choose comfortable clothes made of tightly woven fabrics that you can't see through when held up to a light.
- **Slop on sunscreen:** Use sunscreen and lip balm with broad spectrum protection and a sun protection factor (SPF) of 30 or higher. Apply a generous amount of sunscreen (about a palmful) to all areas of unprotected skin. Reapply every 2 hours and after swimming, toweling dry, or sweating.
- **Slap on a hat:** Cover your head with a wide-brimmed hat, shading your face, ears, and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.
- **Wrap on sunglasses:** Wear sunglasses with 100% UVA and UVB absorption to protect your eyes and the surrounding skin.
- Avoid tanning beds and use sunscreen
- Use sunscreen on cloudy days

# FACTS

## About Head & Neck Cancer

### WHAT IS HEAD & NECK CANCER

Head and neck cancers are cancers that start in the tissues and organs of the head and neck. They include cancers of the larynx (voice box), throat, lips, mouth, nose, and salivary glands.

Most types of head and neck cancer begin in squamous cells that line the moist surfaces inside the head and neck (for example, the mouth, nose, and throat).

[Cancer.gov](https://www.cancer.gov)

### SYMPTOMS

- A lump in the nose, neck or throat
- A persistent sore throat
- Trouble swallowing (dysphagia)
- Unexplained weight loss
- Frequent coughing
- Change in voice or hoarseness
- Ear pain or trouble hearing
- Headaches

### TYPES OF HEAD & NECK CANCER

Oral cavity  
Pharynx  
Larynx  
Paranasal sinuses and nasal cavity  
Salivary glands

### HEAD & NECK CANCER SCREENING

We advise that all individuals have a yearly physical examination of the head and neck and throat conducted by their primary care physician, as well as a yearly routine dental evaluation to include examination of the neck and inspection of the throat and the mouth.

### HOW CAN I PROTECT MYSELF?

- Don't use tobacco
- Avoid heavy alcohol use
- Avoid marijuana use
- Use sunscreen regularly, including lip balm with SPF
- Reduce risk of HPV exposure
- Maintain proper care of dentures