



HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy®

SKIN CANCER

Skin health is important to your overall health. By the age of 70, one in five Americans will develop skin cancer. Caught early, skin cancer is treatable; therefore, it is important to do monthly checks of the skin, including moles and freckles, for any changes using the following ABCDE scale:



A -asymmetry, two sides do not have the same shape

B -border, uneven or notched edges

C -color, many different colors in one skin spot



D -diameter, larger than a pencil eraser (1/4 inch)

E -evolving, does not look the same over time

Additionally, skin cancer can be avoided by applying sunscreen, wearing hats, wearing UV blocking sunglasses and avoiding tanning booths.

MY SKIN IS:

Healthy is applying sunscreen, wearing appropriate clothing, wearing UV blocking sunglasses, avoiding tanning booths and no ABCDE signs.

Health Risk is not frequently applying sunscreen, not wearing appropriate clothing, not wearing UV blocking sunglasses, going to tanning booths and no ABCDE signs

Unhealthy is having one of the ABCDE signs.

- HEALTHY** – Good job! To continue staying healthy, see the back of this card for additional tips.
- HEALTH RISK** – This behavior puts you at risk for the development of skin cancer. Look on the back of this card for tips on what to do to improve.
- UNHEALTHY** – Early treatment is the key to health. See the back of this card for more information.

CRCH

CENTER FOR RURAL & COMMUNITY HEALTH

CRCH@osteov.wvsom.edu

<https://crch.wvsom.edu>

What to do for ...

HEALTHY SKIN: Continue to wear your protective clothing and sunglasses. Apply SPF 15 every day or SPF 30 for lengthy outdoor exposure. Apply sunscreen at least 30 minutes before going outside and every two hours after.

HEALTH RISK SKIN: Avoid going to the tanning booth. Don't expose the skin long enough for it to burn. Apply SPF 15 every day or SPF 30 for lengthy outdoor exposure. Apply sunscreen at least 30 minutes before going outside and every two hours after. Begin to wear hats and UV blocking sunglasses. Do monthly ABCDE body checks.

UNHEALTHY SKIN: Make an appointment with your doctor as soon as possible.

Get more information

ABOUT SKIN CANCER AND PROTECTING YOUR SKIN BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email CRCH@osteو.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification _____

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