



CANCER SCREENING
CAN *Save* YOUR LIFE



Preventive Cancer Screenings

Health and Wellness

Tip of the Week
Week 36
September 7, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Skin Cancer: Watch For Warning Signs

Now that summer is ending, all that fun in the sun can cause harm that leads to skin cancer. It is the most common form of cancer in the U.S. It is almost always curable – if caught early. Look for these warning signs on your skin:

- Learn where your birthmarks, moles and spots are and what they look and feel like.
- Check the growths on your skin for changes in size, shape, color or feel. Your doctor can show you illustrations of what to look for.
- Check for changes such as a sore that doesn't heal, a mole the bleeds or any new growths.

Know the signs and help protect your skin with routine checks.

Source: U.S. Department of Health and Human Services

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