

# SKIN CANCER

## with the Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

## RISK FACTORS

- People of all colors and ages can get skin cancer
- Family history of skin cancer
- Skin that burns, freckles, reddens easily, or becomes painful in the sun
- Prolonged exposure to the sun's ultraviolet (UV) radiation

## SIGNS & SYMPTOMS



**Yellow flat, hard patches on the skin**



**Raised, red patches**



**Sores that won't heal**



**Abnormal moles or changes on the skin**



**Fast-growing red, pink, or purple bump**



**Thick, flat, or small lesions on the skin**



**Red, brown, or purple spots**



**Dark patch on the sole of the foot or palm of the hand**



**Dark streak in the nails that changes over time**

## SCREENING GUIDELINES

- If you find a spot or mole on your skin that's growing, bleeding, or changing in any way, see a dermatologist or your primary care provider if you cannot see a dermatologist

## PREVENTION

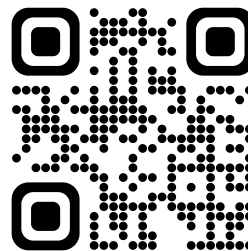
- Wear protective clothes and sunglasses that protect you from the sun
- Seek shade whenever possible
- Use sunscreen every 2 hours, especially if you swim or sweat
- Avoid using indoor tanning beds
- Perform skin self-exams regularly

## WE CAN HELP YOU:

- Find a cancer doctor
- Access clinical trial options or enrollment
- Get connected to services available at UMN hospitals and clinics
- Receive resources for patients, families, and caregivers

**Call (612) 624-2620 or email [ccinfo@umn.edu](mailto:ccinfo@umn.edu)**

*Scan for Community Outreach  
and Engagement Resources*



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