SKIN CANCER
with the Masonic Cancer Center

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
- Thick, flat, or small lesions on the skin
- Raised, red patches
- Red, brown, or purple spots
- Sores that won't heal
- Dark patch on the sole of the foot or palm of the hand
- Abnormal moles or changes on the skin
- Dark streak in the nails that changes over time
- Fast-growing red, pink, or purple bump
- 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