



BlueCross BlueShield of Texas



Protecting Your Health - Screening for Skin Cancer

Spot the Signs of Possible Skin Cancer

Fresh air and a little fun in the sun do a body good. Just make sure you protect your skin when you're outdoors. It only takes six sunburns to double your risk for skin cancer. One in five Americans will develop skin cancer by the time they are 70. Many times, it's found too late. Use a mirror to check every part of your skin from your scalp to your toes.

See your doctor if you notice any of these warning signs:

- ‡ **A new growth** that gets bigger and looks pearly, transparent, tan, brown, black or several colors
- ‡ **A mole, birth mark or brown spot** that grows or is bigger than a pencil eraser, becomes thicker or changes color or texture
- ‡ **A spot or skin sore** that itches, hurts, bleeds and scabs over
- ‡ **A sore** that does not heal within three weeks



Keep an eye on your skin with regular self-exams.

Sources: *The Big Three for the Big See*. The Skin Cancer Foundation. 2020.
Self-Exams Save Lives. Skin Cancer Foundation. 2020.

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