

# VitaMin

Vital health information in a minute

## SHEDDING LIGHT ON SKIN CANCER TYPES

An estimated one in five Americans will develop skin cancer in their lifetime.<sup>1</sup> While it's true that fair-skinned people who sunburn easily are at the highest risk, anyone can get skin cancer, no matter their skin tone.<sup>2</sup> Here's what you need to know about the different types of skin cancer.<sup>3</sup>

Precancerous growths	Most common skin cancer	Second most common skin cancer	Deadliest skin cancer
<b>Actinic keratoses</b> are precancerous growths that may turn into squamous cell cancers.	<b>Basal cell carcinoma</b> is the most common and least deadly type of skin cancer.	<b>Squamous cell carcinoma</b> often affects fair-skinned individuals with long-term sun exposure.	<b>Melanoma</b> is the least common and most dangerous form of skin cancer. It can spread quickly to other areas of the body.
<i>Appearance:</i> Look for dry or scaly patches or spots on the skin.	<i>Appearance:</i> It may look like a pearly bump or pinkish patch of skin.	<i>Appearance:</i> It may appear as a firm red bump, scaly patch or a sore.	<i>Appearance:</i> Melanomas often look like a new mole or develop within an existing mole.
<i>Where:</i> Usually start on the face, head, neck, hands and forearms.	<i>Where:</i> Common on the head, neck and arms, but can form anywhere on the body.	<i>Where:</i> Most likely to appear in areas with frequent sun exposure – ears, face, neck, arms, chest and back.	<i>Where:</i> Most likely to start on the chest and back in men and on the legs in women, but can form anywhere on the skin.

**If you have a concern about a suspicious spot on your skin, your best move is to get it checked out. With early treatment, it's easier to remove the cancer before it has a chance to spread.**

### Sources:

1. American Academy of Dermatology. "Skin cancer." Web (accessed April 5, 2018).
2. Centers for Disease Control and Prevention. "Protect all the skin you're in." [https://www.cdc.gov/cancer/skin/basic\\_info/protect\\_infographic.htm](https://www.cdc.gov/cancer/skin/basic_info/protect_infographic.htm) (Last reviewed/updated July 25, 2017).
3. American Academy of Dermatology. "Types of skin cancer." Web (accessed April 5, 2018).

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.

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