

Amazingly Smart Ways To
PREVENT SKIN CANCER

10

1. Apply Sunscreen
2. Seek Shade
3. Understand the Clouds
4. Use Protective Clothing
5. Avoid Tanning Beds
6. Protect Your Eyes
7. Spot Check Moles and Freckles
8. Wear a Hat
9. Notice Reflective Surfaces
10. Beware of Sun Sensitive Medications



mom it forward
where mom is a verb



Protect yourself in five ways from skin cancer

Skin cancer is a disease in which malignant (cancer) cells form in the tissues of the skin.

The skin is the body's largest **organ**. It protects against heat, sunlight, injury, and **infection**. Skin also helps control body temperature and stores water, fat, and **vitamin D**. The skin has several layers, but the two main layers are the **epidermis** (upper or outer layer) and the **dermis** (lower or inner layer).

The epidermis is made up of 3 kinds of **cells**:

Squamous cells are the thin, flat cells that make up most of the epidermis.

Basal cells are the round cells under the squamous cells.

Melanocytes are found throughout the lower part of the epidermis. They make **melanin**, the **pigment** that gives skin its natural color. When skin is exposed to the sun, melanocytes make more pigment, causing the skin to tan, or darken.

The dermis contains **blood** and **lymph vessels**, **hair follicles**, and **glands**.

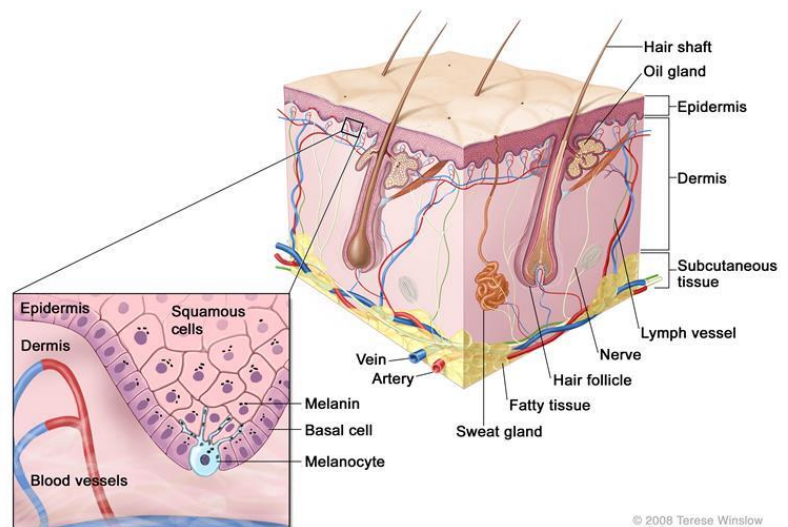
You may enjoy sun-kissed skin, but too much exposure to UV rays is a major cause of skin cancer. People with lighter skin are more susceptible to skin cancer and more likely to develop the disease. People with blond or red hair, blue or green eyes, and family histories of skin cancer are at a higher risk.



PREVENT
Skin Cancer



Intermountain
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Anatomy of the skin, showing the epidermis, dermis, and subcutaneous tissue. Melanocytes are in the layer of basal cells at the deepest part of the epidermis.