

SPOT THE SPOT™

Protect and Inspect Your Skin



Dermpath
Diagnostics®

SpotTheSpot.org

Become a spotter

Save a life

Changes in your skin may be a sign of a serious health condition, even skin cancer. By spotting a suspicious spot, you could save a life—yours or someone else's.

Here's how to become a spotter

Recognize

changes in the skin that could potentially be a risk to your health

Examine

your skin on a monthly basis to identify potential problem spots

Speak

openly with friends and family members about how to spot skin abnormalities

Consult

your physician immediately if an area of skin looks suspicious

Risk factors for skin cancer

- Aged 35 to 75 years
- Personal or family history of skin cancer
- Light skin
- Blond or red hair
- More than 40 moles
- 2 or more atypical moles
- Many freckles
- Sun-damaged skin
- History of blistering sunburn
- History of indoor tanning

Reduce your risk

- Avoid prolonged exposure to midday sun
- Wear a wide-brimmed hat
- Wear tightly woven clothing that covers arms and legs
- Wear sunglasses that block both UVA and UVB rays
- Use a broad spectrum sunscreen with an SPF of 30 or higher
- Avoid indoor tanning

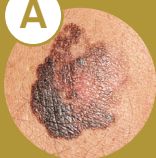


The **ABCDEs** of melanoma

What to look for on your skin

Spotting changes in a current mole or developing lesions early on can help prevent the development and spread of skin cancer. The ABCDE technique can help you know what to look for.

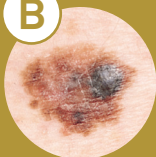
A



Asymmetry

One half does not match the other half

B



Border irregularity

The edges are notched or ragged

C



Color

Varied shades of tan, black, and brown

D



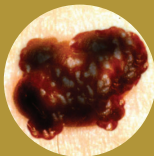
Diameter

Greater than 6 millimeters

E



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Evolving

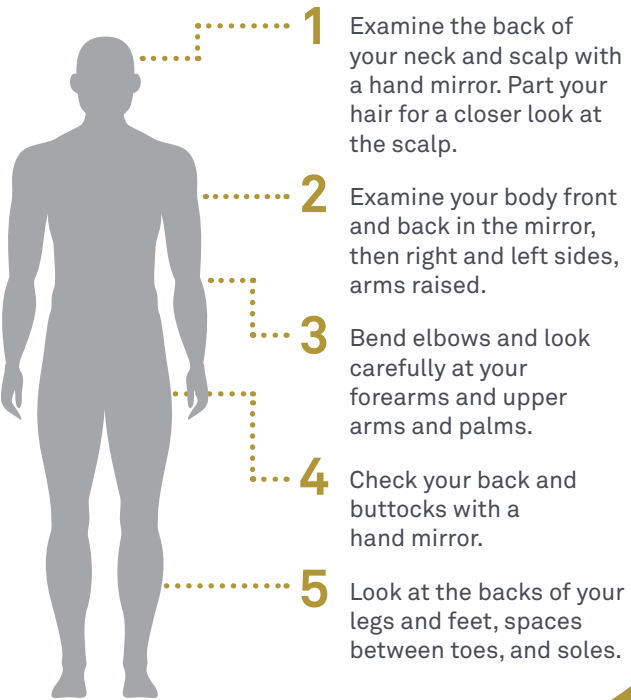
Change in size, shape, or shade of color

If you notice any of these irregularities in current skin lesions, see a physician immediately.

When to do self-checks

Every month, inspect your entire body for any skin changes.

How to **EXAMINE** your skin



1 Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at the scalp.

2 Examine your body front and back in the mirror, then right and left sides, arms raised.

3 Bend elbows and look carefully at your forearms and upper arms and palms.

4 Check your back and buttocks with a hand mirror.

5 Look at the backs of your legs and feet, spaces between toes, and soles.

When to see your doctor

Any irregularity in an existing or new pigmented skin lesion could be a sign of melanoma and should be examined immediately by your doctor. You should also routinely visit your doctor for a complete skin examination.

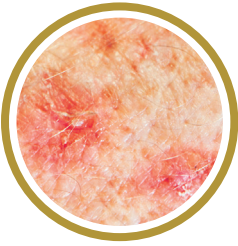
Melanoma may be curable in its early stages. That means early detection could save your life.



Seborrheic Keratosis (SK)

Seborrheic keratosis (SK) is a common, non-cancerous lesion that grows on the outer layer of the skin (epidermis).

- Can develop on any part of the body
- Usually begins as rough, itchy bumps
- Can thicken and darken to brown or black over time
- Usually round- or oval-shaped with an elevated, rough surface
- Sometimes seems to be glued to the skin or dropped on like candle wax
- No known cause
- Not contagious, though they may appear to spread



Actinic Keratosis (AK)

Actinic keratosis (AK), also known as solar keratosis, is a precancerous lesion of the outer layer of skin (epidermis).

- Most commonly found on sun-exposed areas such as the face, lips, ears, neck, scalp, forearms, and backs of hands
- Skin becomes scaly, rough, discolored, and sometimes tender to the touch
- Caused by long-term exposure to sunlight
- Not life-threatening if diagnosed and treated in the early stages

In the US, **more people** are diagnosed with **skin cancer** each year than all other cancers combined.

Source: Skin Cancer Foundation



Each year, more than **7,000 people** die from melanoma, the deadliest form of skin cancer.

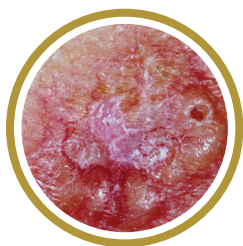
Source: American Society of Clinical Oncology



Squamous Cell Carcinoma

Squamous cell carcinoma (SCC) is a major type of cancer that starts in the skin's outer layer (epidermis), as well as in the tissues that line airways and some internal organs (mucous membranes).

- Occurs most commonly on areas exposed to the sun
- Appears as scaly red patches, elevated growths with a central indent, wart-like growths, nodules, and open sores
- May develop a crusted surface or bleed
- If untreated, may destroy underlying tissue
- Chronic sun exposure is the leading cause
- In some cases, it can spread (metastasize) to distant organs and may be fatal



Basal Cell Carcinoma

Basal cell carcinoma is the most common form of skin cancer.

- Occurs most frequently on sun-exposed regions of the body
- May appear as an open sore, reddish patch, growth with an elevated border and central indent, bump or nodule, or scar-like area
- Usually caused by chronic sun exposure
- Rarely spreads (metastasizes) to other organs of the body, but can cause destruction of surrounding tissue





Malignant Melanoma

Malignant melanoma is the most serious form of skin cancer. It develops when the cells that produce your skin's natural pigments (melanin) start growing out of control.

- Can occur anywhere on the body
- Tumors can arise in or near a preexisting mole, or may appear without warning
- Appears as a dark brown, black, or multicolored growth with irregular borders that can become crusted and bleed
- Appearance meets any other ABCDE guidelines
- May affect anyone at any age
- Risk increases with fair skin, light hair and eye color, or a family or personal history of melanoma
- May spread to other organs (metastasize), making early treatment essential



Atypical Nevus

Atypical nevi, also known as atypical moles, are benign lesions that have visual characteristics different from those of common moles.

- Can be found anywhere on the body, but are most commonly found in sun-exposed areas such as the back, chest, abdomen, and extremities
- Appearance meets one or more of the ABCDE guidelines
- Can develop during any period of your life
- Contributing factors include family history, overexposure to the sun, and hormonal changes during puberty and pregnancy
- People with atypical nevi may be at increased risk of developing melanoma

1 in 5 Americans will develop **skin cancer** by the age of 70.

Source: Skin Cancer Foundation



FOR OFFICE STAMP



SPOT THE SPOT™

Spot the Spot™ was created by DermPath Diagnostics to help you learn how to protect and inspect your skin. By preventing or more quickly identifying skin-related conditions, we can put a stop to increasing skin cancer rates. For more information, including tips on how to protect your skin, visit SpotTheSpot.org.

DermPath Diagnostics specializes in advanced skin testing and diagnosis.

