Taking steps toward healthy skin

Melanoma is one of the most preventable forms of cancer. Learn more about easy ways to protect yourself.
Though Melanoma is the 6th most common cancer, the survival rate is about 99% when detected early.

To keep yourself safe, be aware of your risks, and make regular appointments with a PeaceHealth Medical Group dermatologist.

**Risk factors for skin cancer include:**

- Sunburns
- Light skin and hair
- Advancing age
- A large number of moles
- Family and personal history
- Immune suppression

To protect yourself, wear hats, put on UVA/UVB sunglasses, and seek shade when exposed to the sun for long periods. Apply sunscreen with a high SPF, and always avoid tanning beds or sun lamps. Regular self-exams are a great way to keep yourself healthy.

**Follow the ABCDE rule when checking your moles, and take note of:**

- Asymmetry in shape
- Border irregularity
- Color changes or irregular shading
- Difference of appearance compared to other moles
- Evolution in size, shape, color or sensitivity

To discuss your risk factors and receive a clinical exam, please call (541) 687-6129 to make an appointment with:

*Sandra Jones Wu, MD*
Board Certified Dermatologist

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