

Skin Cancer Screening



Even though skin cancer is preventable, it strikes more than one million Americans every year. Fair skinned people are especially at risk. People with a history of overexposure to sunlight and use of tanning lamps have an increased risk of developing skin cancer. Basal Cell Carcinoma is the most common skin cancer, with Squamous Cell Carcinoma the second most common. When these cancers are detected and treated early, the cure rate is 95%. Another form of skin cancer, Malignant Melanoma, claims the lives of over 7,000 Americans every year. More than 46,000 Americans develop melanoma yearly. A family history of melanoma and/or excessive sunburn are risk factors. The ABCD's of Skin Cancer:

- A) Asymmetry: The shape of the lesion does not match the other half.
- B) Border Irregularity: The edges of a lesion are ragged or poorly defined.
- C) Color: The color of the lesion is not consistent (different coloring).
- D) Diameter: A mole or skin marking changes in size (or itches/bleeds).

What can you do?

- Apply and re-apply water-resistant sunscreen.
- Wear protective clothing (hats, sunglasses).
- Avoid sunburns and tanning beds.
- Stay in the Shade.
- Check your skin regularly.
- Have an annual skin check by a dermatologist.

Annual free skin cancer screening with Dr. Sperling in the Spring, date T.B.A. Choice of two different examinations: 1) a full body check or 2) spot checks of specific areas of concern. Appointments are required. Please call the Lyndhurst Health Department at 201-804-2500 for more information.