

Skin Cancer Awareness Day

Summer is just around the corner.

*Is your **skin** ready?*

Find out at the John P. Murtha Cancer Center
at Walter Reed Bethesda —
the DoD's Center of Excellence
for Cancer Care.

**FREE
Skin Cancer Screening**

May 16, 2018

1:00 pm – 3:00 pm

Dermatology Clinic, America Bldg, 3rd Floor

Walk-ins Only. First Come, First-Served.

No Appointment Required.



www.wrnmmc.capmed.mil/mcc

All Patients, Staff & Visitors with Base Access are Welcome!

TRICARE eligibility is NOT required.

For more information, please call Mr. McDowell at (301) 295-9320.



Skin Cancer is the most common of all cancers, affecting more than two million Americans each year. It affects people of all colors but those with lighter skin are more prone to it. Most skin cancers are preventable but disfigurement and even death can result if left untreated.

Factors that Increase Your Risk include:

- Sunburns
- Family history of skin cancer
- Exposure to x-rays
- Weakened immune system
- Scarring
- Exposure to cancer-causing compounds or chemicals
- Tanning beds and sunlamps

Come Home To Military Medicine

As the DoD Cancer Center of Excellence, we can offer more preventive and elective care options than civilian cancer centers bound by private insurance regulations.

Dermatology Oncology Offers:

- Routine skin cancer screenings
- Education on prevention and self-detection of skin cancer
- Skin cancer surgery, including Mohs
- Photodynamic therapy
- Phototherapy with Narrowband UVB, UVA, Psoralen-UVA and UVA-1
- Topical chemotherapy
- Laser surgery
- Genetic counseling referrals

ABCDEs of Early Detection

Using a mirror, carefully check all of your skin once a month. Any changes in existing moles, freckles or spots should be reported to your doctor. If you see a suspicious spot, use the following ABCDEs of Early Detection:

A is for **Asymmetry**: one half of a mole or birthmark does not match the other half.

B is for **Border**: the edges are irregular, crusty, notched, or blurred.

C is for **Color**: the color is not the same all over and may include shades of brown or black, sometimes pink, red, white, or blue.

D is for **Diameter**: the spot is larger than ¼ inch (about the size of a pencil eraser), although melanomas can sometimes be smaller.

E is for **Evolving**: the mole is changing in size, shape, or color, or starts to bleed or scab.