



VitaMin

## Shedding light on skin cancer types.



### **An estimated one in five Americans will develop skin cancer in their lifetime.\***

While it's true that fair-skinned people who sunburn easily are at the highest risk, anyone can get skin cancer, no matter their skin tone.\*\* Here's what you need to know about the different types of skin cancer.\*\*\*



PRECANCEROUS GROWTHS	MOST COMMON SKIN CANCER	SECOND MOST COMMON SKIN CANCER	DEADLIEST SKIN CANCER
<b>Actinic keratoses</b> are precancerous growths that may turn into squamous cell cancers.	<b>Basal cell carcinoma</b> is the most common and least deadly type of skin cancer.	<b>Squamous cell carcinoma</b> often affects fair-skinned individuals with long-term sun exposure.	<b>Melanoma</b> is the least common and most dangerous form of skin cancer. It can spread quickly to other areas of the body.
<i>Appearance:</i> Look for dry or scaly patches or spots on the skin.	<i>Appearance:</i> It may look like a pearly bump or pinkish patch of skin.	<i>Appearance:</i> It may appear as a firm red bump, a scaly patch or a sore.	<i>Appearance:</i> Melanoma often look like a new mole or develop within an existing mole.
<i>Where:</i> Usually start on the face, head, neck, hands and forearms.	<i>Where:</i> Common on the head, neck and arms, but can form anywhere on the body.	<i>Where:</i> Most likely to appear in areas with frequent sun exposure – ears, face, neck, arms, chest and back.	<i>Where:</i> Most likely to start on the chest and back in men and on the legs in women, but can form anywhere on the skin.

**If you have a concern about a suspicious spot on your skin, your best move is to get it checked out. With early treatment, it's easier to remove the cancer before it has a chance to spread.**

\* American Academy of Dermatology. "Skin cancer." <https://www.aad.org/media/stats-skin-cancer>. Page accessed May 18, 2021.

\*\*Skin Cancer Foundation. "Your Skin Type & Skin Cancer." <https://www.skincancer.org/risk-factors/skin-type>. Page accessed May 18, 2021.

\*\*\*American Academy of Dermatology. "Types of skin cancer." <https://www.aad.org/public/diseases/skin-cancer/types/common>. Page accessed May 18, 2021.