

Melanoma & Skin Cancer Awareness

Skin cancer is the most common type of cancer in the US.

Promoting Skin Self-Awareness

Even though the American Cancer Society does not have guidelines for the early detection of skin cancer, everyone should know their own skin. Providers can encourage patients to become familiar with their skin, including moles, freckles, and other marks, so changes are easier to notice.

Monthly skin self-exams using good lighting and mirrors are commonly recommended. Any new or changing spots should be evaluated by a healthcare provider. [Learn how to do a Self-Exam.](#)



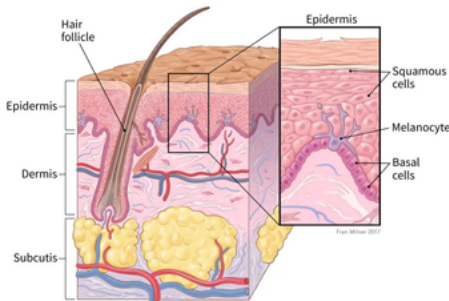
Common Types of Skin Cancer to Know

Skin cancer often shows up as a new spot or a change in an existing lesion. The three most common types include:

Basal cell carcinoma: Often appears as a flat or raised pale, pink, or red area, a shiny bump, or a sore that does not heal or keeps returning.

Squamous cell carcinoma: May look like a rough or scaly red patch, a raised lump, a wart-like growth, or an open sore that does not heal.

Melanoma: Typically appears as a new spot or a mole that is changing in size, shape, or color. It may also be associated with a sore that does not heal, itching, tenderness, or pain. Melanoma accounts for only about 1% of skin cancers but causes a large majority of skin cancer deaths.



Skin Cancer Education Hub

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[How to Protect Yourself and Your Family From the Sun](#)

[Tests and Procedures to Find and Treat Skin Cancer](#)

[Skin Biopsy and Treatment Procedures](#)

[Skin Cancer Fact Sheet After a Skin Cancer Diagnosis](#)

May Dates to Remember

