



Be Educated and Empowered When It Comes to Melanoma Risks

FAMILY HEALTH HISTORY

Your risk of melanoma is higher if one or more of your first-degree relatives (parent/sibling) has had melanoma. Around 1 in 10 people with melanoma have a family history of the disease.



KNOW YOUR BODY

Always be sure to do checks on your body to look for new moles, especially in hidden areas, such as the soles of your feet and scalp.

Keep an eye out for:

Moles with unusual shapes

Changes in color and size of moles

Moles that become itchy or bleed



OTHER RISK FACTORS

Frequent exposure to:

- UV light
- Sun
- Tanning beds

Skin that burns easily

Weakened immune system

Xeroderma pigmentosum:
Rare, inherited condition that lowers skin cells' ability to repair damage to their DNA



HEALTHY LIFESTYLE & RISK REDUCTION

Limit your exposure to UV rays, including tanning beds and sun lamps

Apply sunscreen daily

Watch out for new/ abnormal moles

Stay in the shade when outdoors

Include vitamins C, E and A, zinc and selenium in your diet



SCHEDULING APPOINTMENTS



Making appointments with your dermatologist to check for melanoma regularly is important. It helps doctors find any skin problems early, like strange moles or spots. When you go for these check-ups, doctors can spot any issues quickly and help you fix them before they become big problems.



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