



# Health Tribune

Thinking about your health in Portage County  
Provided by the Portage County Health Department



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## May is... *Skin Cancer Detection and Prevention Month*

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma.

### ABCDEs of Melanoma:

#### **A—Asymmetry**

If you draw a line through this mole, the two halves will not match, meaning it is asymmetrical, a warning sign for melanoma.

#### **B—Border**

The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.

#### **C—Color**

Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear. A melanoma may also become red, white or blue.

#### **D—Diameter**

Melanomas usually are larger in diameter than the eraser on your pencil tip, but they may sometimes be smaller when first detected.

#### **E—Evolving**

Be on the alert when a mole starts to evolve or change in any way. When a mole is evolving, see a doctor. Any change — in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting, points to danger.



Asymmetry

Border  
irregularity

Color

Diameter:  
¼ inch or  
6mm

To learn more about skin cancer visit: <http://www.skincancer.org/skin-cancer-information/melanoma/melanoma-warning-signs-and-images/do-you-know-your-abcde>

## Did you know...?

### **Robinson Memorial Hospital presents:**

*How to protect your skin  
today and everyday*

**Speaker: Michelle Jahnke, MD  
New Horizon Dermatology**

**When: Thursday, June, 25, 2015**

**Time: 5:30pm—6:30pm**

**Where: Robinson Medical Arts Building  
Abraham Family Room 150**

*On the campus of Robinson  
Memorial Hospital*

**6847 N. Chestnut Street,  
Ravenna, OH 44266**

*Space is limited. Please Resister by calling  
the Health Education Center at  
(330) 297-2576*

*Please join us to learn what steps you can  
take to protect yourself and your family  
from skin cancer. It's your skin, wear it well!*



## Questions or Comments?

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