



## Teaming Up To Prevent Skin Cancer

(NAPSA)—With more than 1 million cases of skin cancer diagnosed each year, people could be doing more to protect themselves.

In addition to applying sunscreen, there are a few quick, easy steps everyone can take to prevent the incidence of this disease.

One important precautionary step is performing monthly self-examinations. "Self-examination is an extremely simple and effective tool, yet highly neglected by most Americans," said Dr. Darrel S. Rigel, Clinical Professor of Dermatology at New York University Medical Center. Coupled with an annual visit to your dermatologist for a full-body skin cancer screening, monthly self-examinations are the best way to help prevent and detect skin cancer.

When performing a self-examination, do so in front of the mirror, paying close attention to the areas of your body directly exposed to the sun, including your face, arms and legs as well as your hands and trunk, which are also susceptible to harmful sun exposure that can lead to skin cancer.

Dermatologists recommend keeping track of your moles, freckles and birthmarks, noting any changes in shape, size or color and the appearance of any other visible irregularities.

According to dermatologists, performing a self-examination is simple when keeping the ABCD rule in mind:

- **A** is for **ASYMMETRY**: One-half of a mole or birthmark does not match the other.

- **B** is for **BORDER**: The edges are irregular, ragged, notched or blurred.

- **C** is for **COLOR**: The color is not the same all over and may include shades of brown or black,



**When choosing sun protection, don't just look for the SPF factor. It's important to find a product that offers both UVA and UVB protection.**

or sometimes with patches of red, white or blue.

- **D** is for **DIAMETER**: The spot is larger than 6 millimeters across (about  $\frac{1}{4}$  inch—the size of a pencil eraser) or is growing larger.

In the event that you do notice any changes, you should consult your dermatologist right away.

In addition to an avoiding the sun, an important first line of defense against skin cancer is sun protection. Choosing the right product and applying it on a daily basis continues to be a must. Also, consumers should opt for products that contain a stabilizing technology like Helioplex offering superior protection against UVA rays, as well as high SPFs that protect against UVB rays, such as Neutrogena's New Ultra Sheer Dry-Touch Sunblock SPF 85 with Helioplex.

By practicing sun-safe habits and by visiting your dermatologist once a year, you can reduce your risk of skin cancer.

For more information, visit [www.NeutrogenaSkinHealth.com](http://www.NeutrogenaSkinHealth.com).