

## **Regular Screenings Can Help Catch Skin Cancer Early**

Did you know that according to the U.S. Department of Health and Human Services the main cause of skin cancer is being exposed to ultraviolet (UV) rays from the sun?

Warm summer weather often means taking part in more outdoor activities. While it's important to take opportunities to be more active, when it comes to being out in the sun, be sure to take care of your skin.

During UV Safety Month, OAOHN would like to encourage you to care for yourself and your loved ones by reminding you of the importance of regular skin screenings.

Your Primary Care Physician (PCP) or other health care professional might advise that you perform routine skin self-exams to check for the development of any unusual changes.

According to the National Cancer Institute, the best time to do this is after a shower or bath. Check your skin in a room with plenty of light and use a full-length mirror and a hand-held mirror to learn where your birthmarks, moles, and other marks are as well as their usual look and feel.

If you find anything that looks unusual, such as a sore that won't heal or new mole that is different from others or a change in the way one of your moles looks, it's time to make an appointment with your doctor.

Having a PCP who can coordinate your care is vital to your good health. A PCP typically specializes in Family Medicine, Internal Medicine or General Practice. If you don't have a PCP, finding one is easy!

Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.