



# Skin Cancer & Melanoma Awareness Month

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MedNet Skin Cancer & Melanoma Awareness Newsletter

May Edition

## Sun Smart: Protect Your Skin

As part of MedNet's ongoing wellness initiative, this edition focuses on **Skin Cancer and Melanoma Awareness**. Regardless of location, protecting your skin and recognizing early warning signs are important steps in maintaining long term health.

Skin cancer remains one of the most commonly diagnosed cancers worldwide, with over 1.5 million new cases reported annually. Although many skin cancers are preventable, delayed detection can lead to serious complications. Melanoma, while less common than other skin cancers, is the most aggressive type and accounts for the majority of skin cancer-related deaths. Early awareness, prevention, and timely detection significantly improve outcomes.



## Why Skin Cancer Awareness Matters

According to the International Agency for Research on Cancer (IARC), melanoma incidence continues to rise globally, with approximately 330,000 new cases diagnosed yearly. When detected early, localized melanoma has a five-year survival rate exceeding 99%, emphasizing the importance of early identification and proactive skin monitoring.

## Know the Risk Factors

**You may have a higher risk of developing skin cancer if you:**



Have frequent or prolonged exposure to sunlight or UV radiation



Have a history of sunburns or tanning bed use



Have fair skin, light hair, or light colored eyes



Have a personal or family history of skin cancer



Have many moles or notice unusual looking moles



## Know the Risk Factors

Regular self checks can help with early detection. Consult a healthcare professional if you notice:

New moles or skin growths

Changes in size, shape, or colour of existing moles

Irregular borders or uneven colouring

Sores that do not heal

Itching, bleeding, or pain in a skin lesion

## Remember the ABCDEs of Melanoma:

**A** Asymmetry

**B** Border irregularity

**C** Color variation

**D** Diameter larger than 6 mm

**E** Evolving in size, shape, or color

## Protect Your Skin Every Day

**Simple preventive habits can significantly reduce risk:**



- Use broad spectrum sunscreen with SPF 30 or higher
- Reapply sunscreen regularly when outdoors
- Wear protective clothing, hats, and sunglasses
- Seek shade and limit exposure during peak sunlight hours
- Avoid artificial tanning devices

## Early Detection Saves Lives

When skin cancer is detected early, treatment outcomes are significantly improved. If you notice unusual skin changes or have risk factors, seek medical advice promptly. Preventive check ups and professional skin assessments are key to maintaining skin health.

## Care You Feel. Integrity You Trust

As your managed care partner, MedNet supports your wellbeing through access to a broad network of healthcare providers. Review your policy benefits and consult a healthcare professional to stay proactive about your skin health.

## MedNet Team

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