

Your Skin Cancer Prevention & Early Detection Guide

Healthy skin starts with awareness. This guide helps you understand how to protect your skin, recognize early warning signs, and know when to schedule a professional screening.

1. Understanding Skin Cancer

Skin cancer is the most common cancer in the United States – but it’s also one of the most preventable and treatable when caught early.

There are three main types:

Basal Cell Carcinoma (BCC)

- Most common
- Appears as a pearly bump or shiny patch
- Slow-growing, rarely spreads

Squamous Cell Carcinoma (SCC)

- Can appear scaly, crusted, or sore-like
- May grow deeper into the skin
- Treatable when detected early

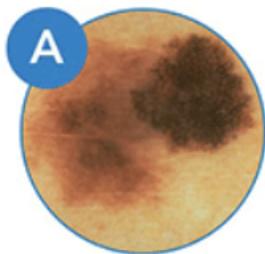
Melanoma

- Less common but more serious
- Can spread quickly
- Early detection is key to survival

2. Common Warning Signs

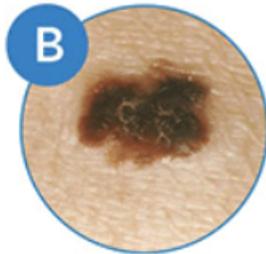
Use the **ABCDE Rule** to evaluate moles:

- **A – Asymmetry:** One half doesn’t match the other

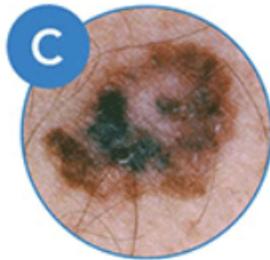




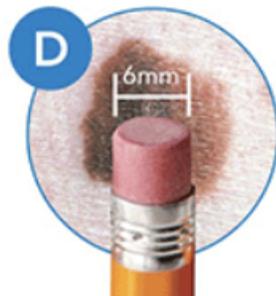
- **B – Border:** Edges look irregular or jagged



- **C – Color:** Multiple colors or unusual shades

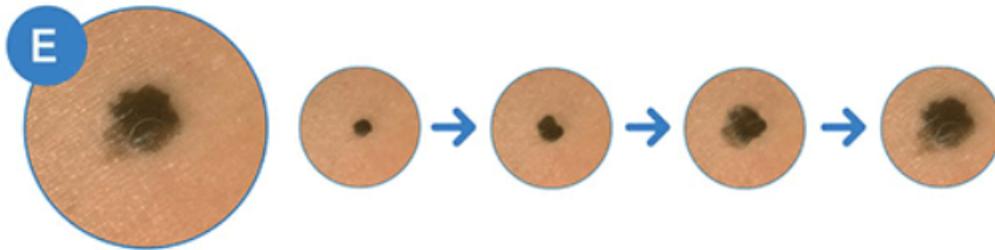


- **D – Diameter:** Larger than a pencil eraser





- **E – Evolving:** Changes in size, shape, or symptoms



Additional symptoms to watch for:

- A new spot that looks different from others
- A sore that doesn't heal
- A patch that bleeds or itches
- A bump that grows over time

If you notice any of these signs, schedule an evaluation promptly.

3. How to Protect Your Skin

Daily Protection

- Use a broad-spectrum SPF 30+ sunscreen
- Reapply every 2 hours when outdoors
- Wear wide-brimmed hats and UPF clothing
- Avoid tanning beds

Smart Sun Habits

- Seek shade between 10 AM and 4 PM
 - Apply sunscreen even on cloudy days
 - Don't forget commonly exposed areas:
ears, scalp, neck, lips, back of hands, and chest
-



4. When to Get Screened

We recommend:

- **Annual full-body skin checks** for all adults

- **Twice-yearly exams** for patients with: history of skin cancer
 - multiple atypical moles
 - family history of melanoma
 - significant sun exposure

If you see anything new, changing, or concerning – don't wait.

5. What to Expect During a Skin Check

At Campbell Dermatology & Aesthetics, your exam is:

- Thorough
- Comfortable
- Led by experienced dermatology specialists
- Focused on your long-term skin health

We examine your skin from head to toe, identify any areas of concern, and discuss treatment or monitoring options.

6. WHAT TO DO FOR:

- ✓ **Discomfort:** Some minor discomfort is normal after surgery. You may take Tylenol. We will prescribe a prescription pain medicine if severe or prolonged pain is anticipated from the surgery.

- ✓ **Swelling:** Apply ice packs over your bandage for 10-15 minutes at a time 4-5 times a day for the first 48 hours. Keep the wound elevated for 1-2 weeks following surgery.



- ✓ **Infection:** It is normal for the edges of the wound to be pink or red, but redness should not spread out beyond the wound edges. A yellow film on your bandage or in an open wound is normal and is not an infection. Increasing redness with pain surrounding your surgery site could be a sign of infection. Green, thick, or foul smelling discharge on the bandage or wound may indicate an infection. Notify our office for any signs of infection.

- ✓ **Bleeding:** It is normal to see a small amount of blood on the pressure dressing when you remove it. If blood leaks out of the bandage within the first 24 hours, hold firm pressure directly over the top of the bandage, without removing it for 20 minutes. If the bleeding does not stop, hold pressure for another 20 minutes. Do not interrupt this pressure to “peek.” If the bleeding still does not stop, call our office immediately or visit the emergency room.

- ✓ **Hematoma:** If blood slowly accumulates under the skin, this is called hematoma. Your wound will become swollen and firm to touch and you may experience increasing amounts of pain. This requires attention; notify our office if this occurs.

7. When to Contact Us

Please call us immediately if you experience:

- Spreading redness
- Green or foul-smelling drainage
- Persistent bleeding
- Severe discomfort
- Fever or chills

Your skin health is our priority.



CAMPBELL
DERMATOLOGY & AESTHETICS

8. About Campbell Dermatology & Aesthetics

Founded by **Dr. Stephanie Campbell**, CDA provides compassionate, patient-focused care with advanced medical, surgical, and cosmetic dermatology services.

Our mission is simple:

Detect, treat, and protect your skin with expertise and confidence.

9. Schedule Your Annual Skin Check

You can book your visit online or contact our office anytime.

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