

Tanning

Beauty OR The Beast?

Even though the number of skin cancer cases continues to rise each year, the social standards of tanning seem to remain the same. The belief that tanned individuals are more attractive and healthier looking rather than the look of pale or fair skin, boosts a self-confidence along with a simple euphoria of feeling beautiful.

Besides this perception of 'sexy' glowing skin, your skin just happens to be the largest organ in the body and has many other functions. It serves as a barrier to germs, prevents the loss of too much water, controls body temperatures and helps our bodies make Vitamin D. Keeping our skin healthy and strong is important because it is the largest barrier against infections.

Unfortunately, statistics show that one in five people will develop skin cancer in their lifetime. Basal cell and squamous cell carcinoma are the most common; however melanoma is the most deadly. Statistics also show that early detection and treatment, have a very high cure rate because it can be easily identified in its early stages.

The ABCDE's of Skin Cancer

The ABCDE's of Skin Cancer Recognition is a method that can help you evaluate any spots or moles that you may be concerned with. Feel free to write this down as a reminder to continuously check for changing areas of your body.

- **Asymmetry:** One half of a mole is unlike the other side. For example, if you were to draw a line through the mole and the two halves do not match.
- **Border:** Irregular, scalloped, or poorly defined borders of the mole.
- **Color:** Variation of color from one area to another, shades of tan and brown or black; sometimes white, red, or blue.
- **Diameter:** Moles that are 5 mm in diameter or less, are less likely to be cancerous.
- **Evolving:** This is when mole begins to change over time, as most normal moles will not usually change. These changes can include size, color, or if the mole starts to bleed, itch or crust over.

These self-exams are just as important as an annual exam from your dermatologist. The annual exam can be beneficial for those areas on your body that you may not be able to see during your regular self-exam.



At Laser Lipo and Vein Center, we offer a full line of services for skin cancer screenings. Whether you are looking for a general annual exam or you are concerned about a particular mole, Dr. Wright and his team will screen, provide treatment and educate you about your overall skin health.

Contact Dr. Wright, your St. Louis Dermatologist today for more information about the best skin cancer treatment and screenings in the St. Louis area at 636 614 1665.



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