

SKIN CANCER AND FIREFIGHTERS

CHECK YOUR SKIN

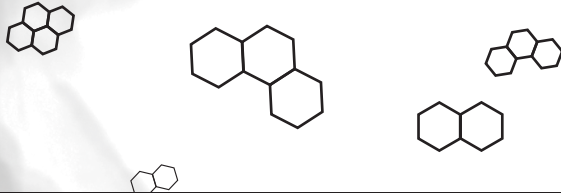
DID YOU KNOW?

DETECTING SKIN CANCER EARLY IS THE BEST WAY TO ENSURE IT CAN BE TREATED SUCCESSFULLY.

AS A FIREFIGHTER, YOU FACE EXPOSURES ON THE JOB THAT PUT YOU AT RISK FOR SKIN CANCER.

Polyaromatic Hydrocarbons (PAHs) can be absorbed through the skin in the hours after a fire response.

UVR exposure off the job also increases your risk for skin cancer.



REMEMBER, PREVENTION IS KEY. AFTER PREVENTION YOUR NEXT BEST DEFENSE IS EARLY DETECTION.

Unlike other cancers that require medical tests and procedures to detect, skin cancer can be seen using just your eyes and your mirror during a skin check.

Check your skin on a monthly basis. Be sure to tell your doctor right away if you notice any changes or see anything suspicious on your skin.

Ask for a skin check at your annual physical and remind your physician that you're at an increased risk because you're a firefighter.

HOW TO CHECK YOUR SKIN



USE A MIRROR

Check your skin in a well-lit room. Take note of all the spots on your body. Ask someone to help you look in the hard-to-see places. Use a mirror so you can look at your entire body, front and back, left and right, with arms raised.



CHECK YOUR HEAD & NECK

Check your face and neck, making sure to look at the back of your neck and behind your ears. Use a hand mirror and a comb to check your scalp.



CHECK YOUR ARMS & HANDS

Check the front and back of your arms, your hands as well as your palms. Look between your fingers and on your fingernails.



CHECK YOUR BACK

Check your back, genital area, and between your buttocks with a hand mirror.



CHECK YOUR LEGS & FEET

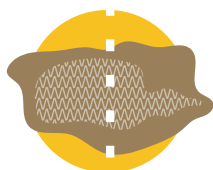
Look at the front, back, and sides of your legs and feet. Don't miss looking at your toenails, between your toes, and the soles of your feet.

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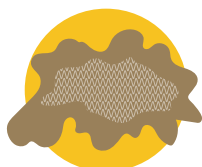
WHAT YOU'RE LOOKING FOR **ABCDEFS OF MELANOMA**

Melanoma is the deadliest form of skin cancer, however when detected early it can be treated. Look for the following warning signs when examining moles or spots on your skin:



ASYMMETRY

One half is unlike the other



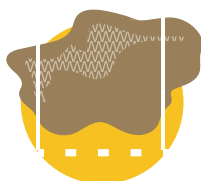
BORDER

Irregular, scalloped or poorly defined border



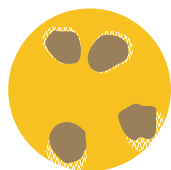
COLOUR

Varied colour throughout the mole; varying shades of tan, brown, and black. Sometimes red, blue, and gray



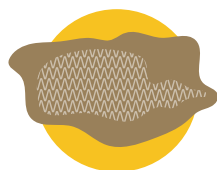
DIAMETER

>6mm in diameter. Larger than a pencil eraser



EVOOLUTION

Progressively changing in size, shape, or colour



FUNNY LOOKING

A mole that looks different than other moles on your body. This is sometimes referred to as the "Ugly Duckling."

Learn more:
www.sunsmartsk.ca

OTHER TYPES OF SKIN CANCER



Actinic keratosis (AK): This is a precancer. AK looks like dry, rough whitish to red/pink scale with poorly defined borders



Basal cell carcinoma (BCC): Flesh coloured pearly bump, or a pink or pigmented patch of skin



Squamous cell carcinoma (SCC): Red, pink, or skin-colored bump, scaly patch, or sore that heals and recurs



See your doctor right away if you notice any of the signs of skin cancer and ask for a skin check at your annual exam.