

Health Matters

A Marathon Health Wellness Resource



Taking care of your skin helps keep your whole body healthy. The good news is that a few simple habits can make a big difference.

Love the skin you're in

Your skin does a lot for you every day. It protects your body from germs, helps control your body temperature, and lets you feel the world around you.

Your skin works hard for you

Skin problems are common. Some are mild, like dryness or irritation. Others can become more serious if they are not treated early.

Skin cancer is the most common type of cancer in the United States. The good news is that when it is found early, it can often be treated successfully.

Paying attention to your skin and protecting it from the sun can help lower your risk.

Spot the signs early

Melanoma is a serious type of skin cancer. Healthcare providers often use the ABCDE rule to help spot warning signs.

A – Asymmetry

One half of a mole or spot does not match the other half.

B – Border

The edges look uneven, blurred, or irregular.

C – Color

The spot has more than one color, such as brown, black, red, or white.

D – Diameter

The spot is larger than a pencil eraser.

E – Evolving

The mole or spot changes in size, shape, or color.

If you notice a spot that looks new, unusual, or changing, it's important to have it checked.

Show your skin some love

Healthy habits can help protect your skin every day.

Wear sunscreen

Choose sunscreen with SPF 30 or higher and apply it to exposed skin.

Seek shade

The sun's rays are strongest between 10 a.m. and 4 p.m.

Wear protective clothing

Wide-brimmed hats that shade your ears and the back of your neck, sunglasses, and long sleeves can all help protect your skin.

Avoid tanning beds

They increase the risk of skin cancer and skin damage.

To schedule an appointment or learn more, visit my.marathon.health



A quick skin check can go a long way

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A healthcare provider can help check your skin for signs of skin cancer or other concerns.

You may benefit from a skin exam if you:

- Have many moles
- Have a family history of skin cancer
- Have had frequent sunburns
- Spend a lot of time in the sun
- Notice a spot that looks new or is changing

If you have a higher risk, your provider may recommend regular skin exams to monitor your skin health.

When to talk to your provider

Talk to a healthcare provider if you notice:

A mole or spot that changes in size, shape, or color

A sore that does not heal

A new growth that looks unusual

Skin that bleeds, itches, or hurts

Your provider can examine your skin and help decide if further testing is needed.

Small habits, healthier skin

Taking care of your skin does not have to be complicated. Wearing sunscreen, protecting your skin from the sun, and talking to your provider when something looks unusual can help protect your health.

If you have questions about your skin, ask your provider during your next visit.



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