

Protect yourself and your family and prevent skin cancer.

- Stay in the **shade** between **10am-4pm**, when the sun's rays do the most harm.
- Put on **sunblock** (minimum SPF 30) at least 15 minutes before going into the sun.
- Put more sunblock on every 2 hours or when it washes off.
- Wear **sunglasses**, a **hat**, and a **long-sleeved shirt**.



- **Babies get sunburned easily.** Protect them with sunscreen and proper cover.

To learn more about this call:

Native Hawaiian Health Care System

Moloka'i	Nā Pu'uwai (808) 560-3653
O'ahu	Ke Ola Mamo (808) 845-3388
Hawai'i	Hui Mālama Ola Nā 'Ōiwi (808) 969-9220
Kaua'i, Ni'ihau	Ho'ōla Lāhui (808) 240-0100
Maui	Hui No Ke Ola Pono (808) 244-4647
Lāna'i	Ke Ola Hou O Lāna'i (808) 565-7204

Cancer Information Service 1-800-4-CANCER
(1-800-422-6237)
www.cancer.gov

American Cancer Society 1-800-227-2345
www.cancer.org



Halehuki circa 1940

'Imi Hale
Native Hawaiian Cancer Network
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Protect Yourself and Your 'Ohana from Skin Cancer



Even Hawaiians get skin cancer.

Endorsed by 'Ahahui o nā Kauka
Native Hawaiian Physicians Association

NATIVE HAWAIIAN CANCER AWARENESS SERIES

Skin cancer can be treated when found early, which means a better chance for cure!

Facts:

- The sun is the main cause of skin cancer.
- Skin cancers seldom cause pain.
- Skin cancer may appear anywhere on your skin, even under fingernails, under toenails, on the palms or on the soles of your feet.
- Skin cancer can be treated when found at an early stage.

Talk to your doctor if you have:

- A family or personal history of cancer
- More than 50 ordinary skin moles.
- A spot or mole on the skin that is changing in size, shape, or color over a period of time.

What to look for:

1. An open sore that does not heal.
2. A mole that is not round or oval (irregular in shape).



(Regular Shape)



(Irregular Shape)

3. A mole that is uneven in color or has blurry edges, especially if it is black.
4. A mole that has grown in size.
5. A mole that is scaly, flaky, lumpy, bleeding, crusty or itching.

Cancers can start anywhere on your skin and do not have to be in a mole.

Examples of skin cancer



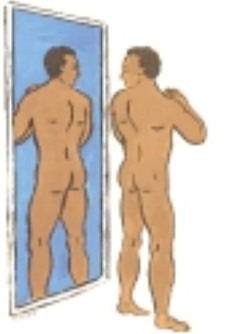
Check with a doctor if you see any changes in your skin like these. **This could save your life.**

Skin Self-Exam—Know your body.

Check yourself regularly for signs of skin cancer.

Areas to check:

1. Front, back, left and right sides of your body.
2. Palms, forearms, and upper arms.
3. Front and back of your legs.
4. Between your buttocks and around your genital area.
5. Tops and bottoms of your feet and between the toes.
6. Face, neck, and scalp. Move your hair with a comb or blow dryer to see your scalp better.



Get help to check the areas that are hard to see.