

CANCER WELLNESS PROGRAM FACT SHEET

SKIN CANCER

What you need to know.



What

Skin cancer is by far the **most common cancer** in US.

Why

Skin cancers **caught early** are most easily treated.

How

Skin cancer **screening** may be based on your personal and family history.

When

May is Skin Cancer Awareness Month, but you can benefit from paying attention to changing skin anytime.

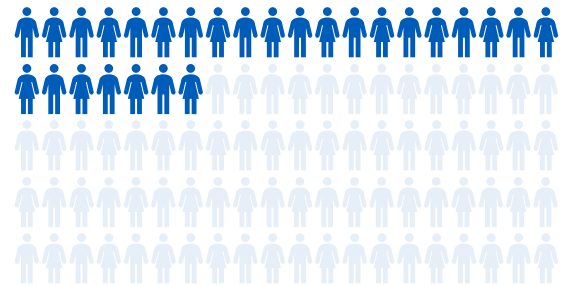
Source: American Cancer Society and National Cancer Institute

Skin Cancer Early vs Late Stage Diagnosis

99% of people diagnosed with skin cancers, like melanoma, in early stages by screening survive.



27% of people diagnosed with melanoma in **late stages** survive.



VS

Non-melanoma skin cancers like Basal or Squamous cell carcinoma are very treatable, likely to be caught in early stages, and have good survival.

Source: American Society of Clinical Oncologists

Signs and Symptoms of Skin Cancer

“ABCDE” rule for moles:

- **Asymmetry** of moles.
- **Border** is ragged, notched, uneven, blurred.
- **Color** is black, brown, tan or possible white, gray, red or blue.
- **Diameter** is larger than 6mm (pencil eraser).
- **Evolving** size, shape, color, appearance.
- Bleeding mole, poor healing.
- New, unusual mole.
- When these symptoms arise or change, see your doctor.

Source: American Society of Clinical Oncologists and American Cancer Society

Genetics in Skin Cancer

- All cancer is genetic, it is always caused by changes to DNA.
- The DNA changes in the cancer itself can help guide treatment decisions.
- If someone is diagnosed with skin cancer, it is important that all DNA changes are tested to avoid harmful treatments.
- All cancer is genetic, but some people have inherited genetic changes that make skin cancer more likely, especially in multiple generations.
- Ask about your family history and talk to your doctor about risk for inherited skin cancer.

Source: American Society of Clinical Oncologists and American Cancer Society

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What can you do?

Be Proactive

Pay attention and be proactive about your health.


Screen

Get all the screening your doctor recommends.


Test

If you have cancer diagnosed, ask if all genomic biomarkers have been tested.

SUGGESTED DOCTOR VISIT CHECKLIST FOR CANCER SCREENING OR DIAGNOSIS

- Know your insurance carrier and what plan you have
- Bring a list of current medications
- Identify any symptoms you want to discuss
- Make a list of things you want to discuss and questions you have
- Prepare your family history of cancer: who is affected, what cancer was it, when did they get cancer
- Communicate symptoms and family history clearly
- Explore screening options
- Take notes of the plan and recommendations
- If any testing is recommended, ask about options and completeness
- Before testing is done, verify if insurance will cover it and under what circumstances
- Confirm and clarify the plan at the end of the visit
- Confirm when the next visit should happen
- Confirm what number to call to check test results and when they are expected
- Identify support resources for you and your family

Questions to consider asking your doctor

- What can I do to lower my risk of cancer?
- Should I see a genetic counselor?
- So, you have done a biopsy. Is this sample going to be tested for genetic changes?
- Am I a candidate for liquid biopsy?
- Before we start treatment, have all the genomic markers been tested?
- What are the side effects of this treatment?
- Are there any reasons I shouldn't receive this particular treatment?
- What can I do now to put a plan in place if I am diagnosed with cancer?

Have questions?

Contact us at cancer@guardanthealth.com

For more information visit:

American Cancer Society at [Cancer.org](https://www.cancer.org)
 American Society of Clinical Oncologists at [Cancer.net](https://www.asco.org)