



NORTHERN MICHIGAN

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McLaren Northern Michigan May is Skin Cancer Awareness Month – Be Smart: Get Tested

Petoskey, MI – In recognition of Skin Cancer Awareness Month, McLaren Northern Michigan is teaming up with a local dermatology practice to offer northern Michigan residents free skin cancer screening.

The free screening will take place Wednesday, May 16 from 4 – 5:30 p.m. at Dermatology Associates of Northern Michigan located at 4170 Cedar Bluff Drive in Petoskey, the office of Murray Cotter, MD, Sherri Vazales, MD, Nicole Rataj Casady, PA-C, Tina Crook, PA-C, Karen Nigg, PA-C, and Mary Stoll, PA-C.

Those who have an area of concern on the skin such as change in the size, shape, or color of a mole, change in pigmented skin spots, or change in sensation such as itchiness, tenderness, or pain could benefit from a skin screening. The Free Skin Cancer Screening is available to individuals who have not had a skin cancer screening in the last two years and for those who are not currently being treated by a dermatologist. This is a rapid screening to visually inspect your skin. If indicated, you may need to see a physician for definitive care.

With one in five Americans developing skin cancer over the course of a lifetime, it has become a troubling health issue. According to the Skin Cancer Foundation, skin cancer is the most common form of cancer, affecting more than 3.3 million Americans annually. In fact, the incidence of skin cancer is greater than breast, prostate, lung, and colon cancer combined.

There is no charge for the screening, but pre-registration is required by calling (800) 248-6777. Please arrive 15 minutes before the scheduled appointment time to complete the necessary paperwork. No treatment will be administered at the screening.

For information about regional cancer services and other health-related topics, visit northernhealth.org.

KNOW YOUR ABCDs

Skin self-examinations consist of periodically looking over your body for any changes in the size, color, shape, or texture of a mole, the development of a new mole, or any unusual changes in the skin. Consult your dermatologist or care provider if any of your moles or pigmented spots exhibit one of the ABCDs noted below:

- Asymmetry — One half unlike the other half.
- Border — Irregular, scalloped, or poorly circumscribed border.
- Color — Varied from one area to another; shades of tan and brown; black; and sometimes, white, red, or blue.
- Diameter — Usually greater than the size of a pencil eraser when diagnosed, but they can be smaller.

If you notice a mole that differs from the others, or that changes, itches, or bleeds, see your dermatologist.

Skin Cancer Facts

- A person's risk for melanoma doubles if he/she has had more than 5 sunburns
- Regular daily use of SPF 15 or higher sunscreen reduces risk of skin cancer by forty percent
- One person dies of melanoma every 52 minutes
- Over the past three decades, more people have had skin cancer than all other cancers combined

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About McLaren Northern Michigan

McLaren Northern Michigan, a subsidiary of McLaren Health Care, is a 202-bed, regional referral center located in Petoskey, serving residents in 22 counties across northern lower Michigan and the eastern part of the Upper Peninsula. Over 230 physicians represent nearly all medical and surgical specialties, enabling full-service care with an emphasis on heart, cancer, orthopedics, and neuroscience services. For additional information, visit northernhealth.org.