

# Connecting with the Community



## Be Skin Savvy: Get Screened for Skin Cancer

Consider this fact: while most types of cancer are decreasing in numbers, the incidence of melanoma- the deadliest form of skin cancer- is on the rise. In fact, it's now the most common form of cancer among people 25 to 29 years old, according to the American Academy of Dermatology. While anyone can develop melanoma, including those with dark skin, it's more common in people who have spent time tanning, including in tanning beds and those with:



- A family history of melanoma

- History of bad sunburns

- A lot of moles, or large or unusual looking moles

- Weakened immune system

- Fair skin (especially if the person has red or blond hair and blue or green eyes)

- Skin that burns easily

If you have any of these risk factors, it might be a time to talk with your doctor about getting screened for skin cancer.

Kit Carson County Health Service District's Specialty Clinic has three Dermatologists that visit patients on a regular basis; Dr. James Swinehart Dr. Theo Alkousakis and Dr. Theresa Scholz.

If you would like to learn more or to schedule an appointment, please call the Specialty Clinic at 719-346-4725 option 1.