



**Comfort
Keepers®**

Safe Fun in the Sun: Summer Skin Care for Seniors

Skin protection is essential at any age but becomes even more critical for seniors. A senior skincare routine can address these changes and help keep the skin healthy and vibrant. By focusing on prevention and a healthy lifestyle, seniors can help minimize the effects of aging on their skin and enjoy healthy skin throughout their golden years.

If you skin cancer runs in your family, a doctor told you should check regularly, or there is a concern here are some things to watch for.

How to Identify Skin Cancer

Unusual skin growths often happen in areas regularly exposed to the sun. Many doctors include a skin check as part of a regular exam and recommend monthly home checks as well. Here are a few things to look for when checking the skin at home:

- A new mole or growth on the skin that is a weird shape or has different colors or shades
- Any mole or growth that changes in size, shape, or color
- A mole or growth that is larger than a pencil eraser
- A sore that does not heal within a few weeks
- A spot or growth that is itchy, painful, or bleeds

While not all skin changes or growths are cancerous, having any concerns checked out by a doctor as soon as possible is always a good idea.

When to See a Doctor

Keep an eye out for any changes in the skin and seek medical attention if anything looks suspicious. If you notice any new moles or growths, changes in existing moles, or any unusual skin changes, it's important to get them checked by a dermatologist. A complete skin exam will help identify any skin spots that are normal and ones that

should be watched. Not only is early detection key to the successful treatment of skin cancer, it can also offer peace of mind.

Questions to Ask a Doctor

If a senior is worried about skin changes, or if there is a family history of skin cancer, it's important to talk to a doctor about any concerns. Some questions to ask include the following:

- Should they have regular exams to check for skin cancer?
- What are the signs and symptoms of skin cancer?
- What can they do to reduce the risk of skin cancer?
- What should they look for when examining skin?
- Are there any lifestyle changes that can improve skin health?

Skin Cancer and Seniors

Skin cancer is the most common cancer in the United States, and seniors are particularly susceptible. According to the Skin Cancer Foundation, 50 percent of all new cases of skin cancer occur in people over the age of 65. It is also the most preventable type of cancer, making senior skin care even more important.

The good news is that when caught early, skin cancers such as basal cells or squamous cells are highly treatable by removal. The cure rate for basal cells is over 95 percent, and about 90 percent for squamous cells.

Melanoma is more likely to spread to other parts of the body and can be more difficult to treat if not caught early.