

Press Release

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Cover up, wear sunscreen and hats to help reduce sun exposure

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Don't get burned by the sun

Find out easy ways to spot early signs of skin cancer at health fairs & at home

GOLDEN, COLORADO—Wondering about that suspicious mole and its odd, asymmetrical shape? Well don't wait and wonder. Get it checked by a dermatologist for free at one of the upcoming health fairs through the end of April and into May. The table on page 2 lists upcoming free skin cancer screenings. More skin cancer screenings at public events will be announced in subsequent weeks thanks to the [Colorado Cancer Coalition](#) and its [Skin Cancer Task Force](#), a group of organizations that conducts research and offers cancer prevention strategies to the public. The group wants the public to visit the [Sun Safe Colorado](#) Web site to learn about ways to stay safe in the sun as the temps start to heat up.

Can't make it to a health fair?

Then start your own self-checks to spot the early signs of skin cancer on your own. "A monthly examination of your skin from head to toe can help you spot changing lesions that might be skin cancer. Any non-healing skin lesion that is rapidly altering in color and size needs professional evaluation," says **Chief of the Dermatology Service, Dr. Robert Dellavalle, MD, Denver VA Medical Center.**

Did you know that melanoma, the deadliest form of skin cancer is 18 percent higher in men living in Colorado, compared to the U.S. national average, and 22 percent higher for women, based Colorado Central Cancer Registry data. But skin cancer is also highly preventable when detected early. Exposure to the sun's dangerous UV rays year-round means Coloradoans are wise to get into the habit of checking for suspicious moles more regularly. "Because we have more sunshine at a higher altitude than most other U.S. locations, Colorado has higher rates of skin cancer, which makes skin self-examination even more important for Coloradoans," Dellavalle says, who also serves as Colorado Skin Cancer Task Force member.

Spotting a suspicious mole isn't hard if you know what to look for

"Any rapidly changing or bleeding skin lesion might be a skin cancer. Information on reliable Web sites, such as [Sun Safe Colorado](#) can help guide you in contacting a health care professional for further evaluation," Dellavalle says. *To schedule interviews with **Dr. Dellavalle**, please contact him at 303.399.8020 ext. 2475 or **Elise Oberliesen**, at 303.305.8722.



The [Sun Safe Colorado](#) Web site, is chockfull of step-by-step instructions for do-it-yourself skin checks that are useful for you and your family. It also includes pictures designed to help people identify unusual looking moles.

The [Colorado Cancer Coalition](#) Web site also offers a wealth of information about other types of cancer and offers resources to the public. As part of the coalition, the Skin

Cancer Task Force strives to eradicate skin cancer by providing educational materials and other resources for the public. **Interested in helping with the skin cancer task force?** The group is always seeking to build and grow. Please inquire directly with Vice Chair [Rachel Burnett](#) if you would like more information about joining the task force, at 303-565-4348.

Free skin cancer screenings will be offered at the following health fair locations.

Date	Time	Location
April 23	7 a.m. to Noon	Creede High School, 308 La Garita Ave, Creede, CO 81130
April 30	7 a.m. to Noon	Old Early Education Center, 402 W. Main St., Rangely, CO 81648
April 30	7 a.m. to Noon	Water Stone Community Church, 5890 S Alkire St, Littleton, CO 80127
April 30	7 a.m. to Noon	Red Feathers Medical Clinic, 168 Main St., Red Feather Lakes, CO 80545
April 30	7:30 a.m. to 11:30 a.m.	Fraser Valley Elementary School, 125 Eastom Ave, Fraser, CO 80442
May 7	7:30 a.m. to 11:30 a.m.	Granby Elementary School, 202 W. Topaz Ave, Granby, CO 80446
May 7	7 a.m. to Noon	Carpenter Rec Center, 11151 Colorado Blvd, Thornton, CO 80233
May 14	7:30 a.m. to 11:30 a.m.	Kremmling Memorial Hospital, 715 Kinsey Ave, Kremmling, CO 80459

*Thanks to a generous donation made by [Rocky Mountain Sunscreen](#), the Colorado Cancer Coalition and Skin Cancer Task Force are more able to increase community awareness through publicity efforts and get the word out about sun safety.

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