

[IMAGE]

## **The Danger for Young Women: Skin Cancer**

This summer more young women will be putting themselves in danger when they head out to get that summer glow. With the sun tan comes deadly consequences like melanoma.

A recent study by the Mayo Clinic found that melanoma, the most serious type of skin cancer, had increased eightfold for women under 40 since 1970.

The report highlighted by the New York Times recently noted that experts noted that tanning beds were the major factor behind the increase in all three types of skin cancer for young women.

More than 20 million people use tanning beds each year, and 70 percent of customers are young white women, who are at increased risk of developing skin cancer, according to the report. This summer it is more than ever critical to protect your skin - especially if you are a young woman. Staying away from tanning beds and protecting your skin while you are in the sun whether it be with sunscreen or a hat makes a huge difference when it comes to your health.

skin cancer - Copyright â Stock Photo / Register Mark In addition to protecting your skin, there are many symptoms and signs you should be on the lookout for when it comes to skin cancer. When you suspect there is a malignant mole on your body, take note. Here are a few recommended by the Skin Cancer Foundation: look out for the ABCDE's which are asymmetry, border, color, diameter and whether or not a mole is evolving from its original shape. If you suspect any of these changes, see your doctor right away and steer clear of the sun.

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