

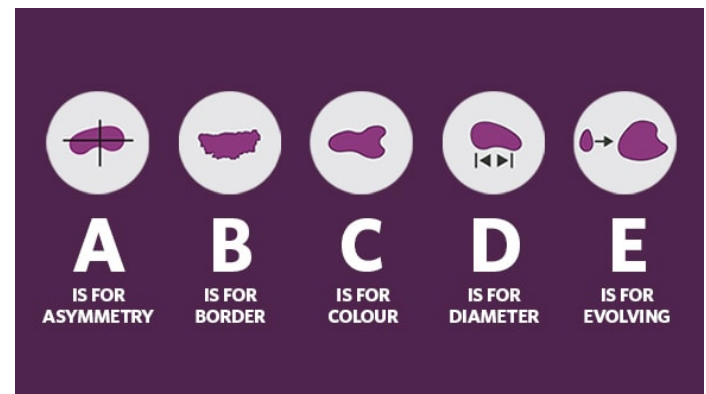
CANCER CAN BE SEEN: EARLY DETECTION OF SKIN CANCER CAN SAVE YOU

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Surprisingly, the naked eye can identify skin cancer. A research article discovered that the common skin cancers are melanoma (malignant), which arises from cells that give the skin its color, and nonmelanoma skin cancers, which grow from other types of skin cells, mostly originating from UV rays or tanning beds (Marks, 1995). When skin cancer is detected in an individual, it often develops to its latest stage. The early detection of skin cancer can increase one's survival rate. An article published in the journal *Seminar in Oncology Nursing* reveals that melanoma self-detection rates range from 40% to 55% (Loescher et al., 2013). It has been proven that the early detection of skin cancer can increase one's survival rate as treatment starts earlier. It was highlighted in the article that the rate of melanoma mortality may decrease by 66% when detected early.

To decrease the mortality rate of skin cancer, it is essential to identify different ways to identify skin cancer early. Early detection through skin self-examinations and professional skin checks is crucial for improving outcomes, particularly for melanoma, where early-stage detection is associated with significantly higher survival rates (Carter, 2024). With all the information that has been presented, one might be questioning how skin cancer can be easily detected on one's skin. A guide created by the American Cancer Society, known as the ABCDE guideline, has been recognized as an effective way to detect skin cancer. Identifying early-stage skin cancers helps maintain a healthy lifestyle and can prevent life-threatening conditions and, in some cases, death. A simple physical check on your skin can save your life and benefit your health and lifestyle. Some health benefits of identifying

skin cancer at an early stage are early treatment options, improved quality of life, reduced mortality rate, and reduced rate of treatments.



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