



# Heard the latest wrinkle on **skin cancer?**



**BlueCross BlueShield  
of Texas**



**TRS-ActiveCare®**  
TEACHER RETIREMENT SYSTEM OF TEXAS

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Nearly 50% of Americans over the age of 65 will develop squamous cell or basal cell non-melanoma skin cancers.\*

Malignant melanoma, the uncommon but most serious form of skin cancer, causes more than 75 percent of all deaths from skin cancer. However, most skin cancers — even melanoma — are preventable and curable if detected early.

Make sure you minimize unprotected exposure to the sun by staying in the shade, applying sunscreen, wearing protective clothing, and limiting your use of tanning beds and sun lamps. It's also important to check your moles, freckles, and blemishes regularly so you can detect any changes, and schedule regular clinical skin exams with your health care provider.

Regular exams and sun safety are important measures for your skin health. You may even keep some wrinkles away, too.

**Check your benefits booklet to determine if your health plan coverage pays for this type of screening.**

\*American Cancer Society; National Center for Chronic Disease Prevention and Health Promotion

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