



ASPIRE<sup>®</sup>  
DERMATOLOGY



## Why Family History Matters

Genetics influence how your skin reacts to sun exposure, how cells behave, and the likelihood of harmful mutations. If a close relative has had skin cancer, your risk increases. While daily habits like sun protection are critical, understanding your family history means regular dermatology visits are key. Dermatologists are trained to detect subtle warning signs during full-body exams that are easy to miss on your own.



## Benefits of Regular Screening

Early detection dramatically improves treatment outcomes for serious conditions like melanoma. Routine exams help identify changes in moles, spots, or growths before they become problematic. For those with a family history of skin cancer, regular checkups reduce anxiety and offer confidence in long-term skin health.

## What to Expect During a Full Skin Exam

A full skin exam is a thorough, head-to-toe evaluation in a comfortable, private setting. Your dermatologist will carefully examine your scalp, face, arms, legs, hands, feet, torso, and back — areas that are hard to check yourself. Any suspicious moles or lesions are documented, measured, and monitored over time. If something appears concerning, a small biopsy may be recommended for further testing. The process is quick, informative, and provides peace of mind about your skin health.

## Protecting Your Skin Between Visits

Skin exams are most effective when paired with healthy daily habits. Wearing protective clothing, applying sunscreen, and monitoring new or changing spots can significantly lower your risk. Your dermatologist may also recommend personalized prevention strategies based on your skin type and family history. Staying proactive helps prevent issues before they progress.



If skin cancer runs in your family, regular dermatology screenings are one of the most important steps you can take for your health. Aspire Dermatology offers comprehensive full skin exams at locations throughout Rhode Island. Expert skin care is close to home and ready to support your long-term wellness.