



ASPIRE[®]

DERMATOLOGY



What Happens During a Full Skin Exam?

A skin exam is a routine appointment with your dermatologist that can give you peace of mind about your skin's overall health.

- Consult your dermatologist about any past skin problems, symptoms, and daily habits.
- Identification of skin moles or blemishes of concern.
- A thorough visual exam.
- Skin cancer screening.
- Biopsy of any concerning skin patches, moles, cysts, or sores.

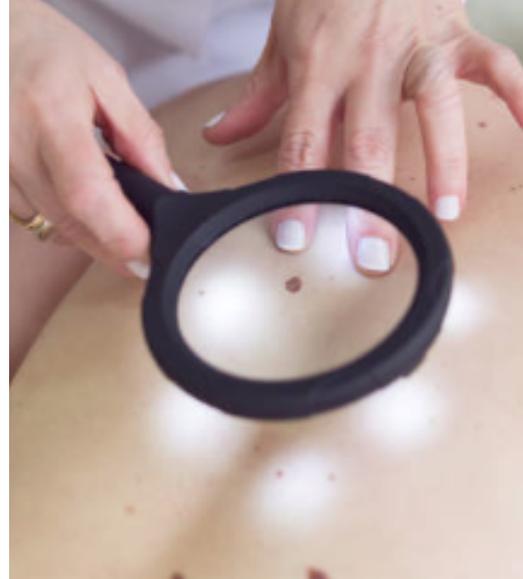
Common Skin Conditions

These are some common skin conditions that dermatologists frequently diagnose:

- Acne
- Rosacea
- Psoriasis
- Skin warts

Skin cancer is also one of the most common skin diseases that warrants a full skin exam.

In order of frequency, the three main types are basal cell, squamous cell, and melanoma.



You examine your skin every time you look in the mirror, but a dermatologist can identify potentially treatable skin issues. Prioritize your skin health, especially if you live in a sunny climate or have a history of skin conditions. Schedule a full skin exam, skin cancer screening, and preventative skin care consultation with a doctor at Aspire Dermatology

PROTECTION AGAINST SKIN CANCER

1 in 5 Americans will develop skin cancer in their lifetime

Only 1 in 3 adults usually use sunscreen

1 in 3 cancers is a skin cancer

Regular daily use of SPF 15 or higher sunscreen reduces the risk of melanoma by 50%

800% increase in melanoma rates among young women in the last 40 years

PROTECT YOUR SKIN!

Wear sunscreen

Wear hats, sunglasses and sun protective clothing

Seek shade during midday hours (10AM - 2PM)

Preventative Skin Care Tips

Amid busy schedules, skin care can sometimes be overlooked. Follow these tips to keep your skin healthy:

- Invest in a high-quality, doctor-recommended cleanser, moisturizer, toner, and sunscreen for daily use.
- Choose early or late afternoon outdoor activities to limit sun exposure.
- When outside seek shade, cover up, wear a hat and sunglasses, and wear sunscreen SPF 30 or Higher.