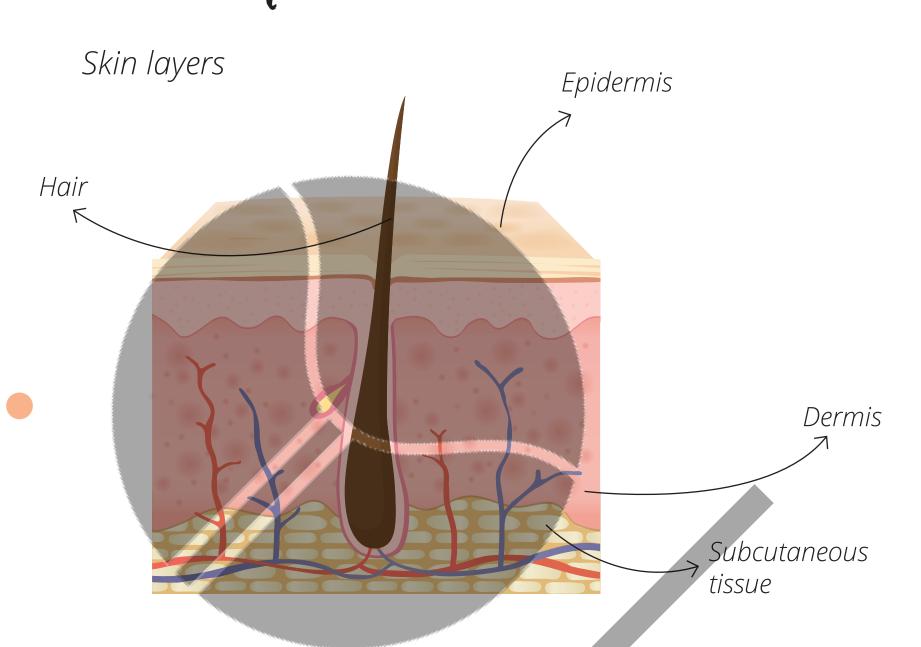


Skin is the largest organ of your body. It protects you from cold, various infections and last but not least UV radiation. It also serves a major role in production of vitamin D. Learn with us how to take care of your skin and how to prevent cancer.

# What layers does skin have?



## Skin in numbers:



surface of the skin in square metres.



of body weight is skin.



risk age for skin cancer.

# What are the skin functions?

Defence

Skin protects the body from microorganism and infection.

Thermoregulation

Body temperature is regulated by sweating.

Sense

Skin receptors react to pressure, pain, heat or cold.

Secretion

Sweat carries away redundant substances and waste.

Storage

Subcutaneous tissue stores fat and fat-soluble vitamins.

Resorption

Fat-soluble substances are absorbed through skin.

## Skin cancer

#### What is cancer?

You can imagine cancer as an "out of control" cell multiplication, which can occur in any organ of your body. This affected organ can then grow and push other organs out of their location or even lose its function.

#### What are the risk factors for skin cancer?









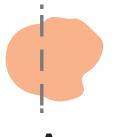


Birthmarks (UV-B radiation)

Genetics

Indoor tanning

#### How does skin cancer manifest itself?



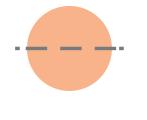
**Asymmetry** Is your birthmark asymmetrical?



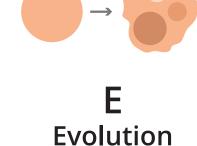
Border Does your birthmark have no apparent borders?



Colour den change of color?



Diameter Is there a sud- Is the diameter of your birthmark bigger than 0,6 cm?



Can you spot any evolution or other changes in your birthmark?

#### What to do when you detect some of the changes above?



Don't panic



Don't be



Don't look for advice on the internet



Go to your GP or your dermatologist





Stay away from the sun between 11 a.m. to 3 p.m.



Wear suitable clothing and glasses.



Use sunscreen every 2 hours.



Check your skin once a month (the "ABCDE method" above).



Go to your annual check-ups.

This project was funded by the financial support of the Ministry of Health of the Czech Republic







### Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

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Test your knowledge at bit.ly/PreventionTest

