

AGELESS WELLNESS
Health Promotion Services
NYC Department for the Aging
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THE A.B.C.D.E' S OF YOUR SKIN

Skin changes are the most visible signs of aging. Signs of aging skin include wrinkles and sagging. You will also observe that your skin no longer looks as plump and smooth as it used to be. Your skin will lose fat, and become thinner. Cuts and bumps will take a longer time to heal. If your skin has been exposed to sunlight for years, or you have been tanning, this may lead to wrinkles, dryness, age spots, and even skin cancer. Check your skin about once a month for signs of changes that may be cancer. Skin cancer is rarely painful, check your skin for signs that are known as the **ABCDE's**:

- A:** Asymmetry (one part looks different from the other part).
- B:** Borders of a growth are irregular.
- C:** The color of a growth changes, or has more than one color.
- D:** Diameter is greater than the size of a pencil eraser.
- E:** Evolving- it means that the growth may change shape, size, and symptoms (itching, tenderness, shades of color, and how the surface of the growth looks. If you observe any of these signs on your skin, consult a dermatologist to make sure it is not skin cancer.

AGE SPOTS AND SKIN TAGS

Age spots are flat brown spots often caused by years of sun exposure. They are bigger than freckles, and can be seen on the face, hands, arms, back, and feet. Using a sunscreen that helps protect against UVA and UVB sun rays can help prevent age spots. Skin tags are small, usually flesh-colored growth of skin that have a raised surface. They are very common in older adults, especially women. They are usually found on the eyelids, neck, armpits, chest and groin. Age spots and skin tags are not dangerous. If they bother you, talk to a dermatologist about removing them.

KEEPING YOUR SKIN HEALTHY

Skin changes are related to factors, such as the environment, genetic, nutrition, and other issues. But one of the most important one is sun exposure:

Limit time in the sun. Try to avoid being in the sun between 10:00 a.m. and 4:00 p.m. when sun rays are the strongest.

Use sunscreen. Buy sunscreens with an SPF 15, or higher, and put it on 15-30 minutes before going outside.

Wear protective clothing. Wear loose, light weight clothing, and also wear a hat.

To learn more, go to: www.cancer.org