



DR. ROZENBERG

Learn how to prevent skin cancer and know the signs/symptoms

By **MELISSA BERMAN**

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Q: Why is Skin Cancer Awareness Month important?

A: Rozenberg: Skin cancer is the most commonly diagnosed cancer in the United States, yet it is also one of the most preventable. We want people to understand that ultraviolet (UV) exposure from the sun and tanning beds is the primary cause. The damage is cumulative — even everyday exposure adds up over time. Awareness is about helping people build lifelong habits that reduce that risk.

Q: Who is most at risk for skin cancer?

A: Rozenberg: Anyone can develop skin cancer, regardless of skin tone or ethnicity. However, individuals with fair skin, light eyes, and light hair are at

higher risk. That said, we also see skin cancer in patients with darker skin tones, and unfortunately those cases are often diagnosed later, which can lead to worse outcomes. Genetics can also play a role in some rare but higher-risk cases.

Q: What are the most important prevention steps people should take?

A: Rozenberg: Sunscreen is critical. People often underuse it — the correct amount for the body is about a shot glass full, and it should be reapplied every two hours, even on cloudy days. Protective clothing, hats, sunglasses, and seeking shade between 10 a.m. and 4 p.m. are also very important. And I cannot emphasize enough: avoid indoor tanning beds entirely. They significantly increase your risk of melanoma and other skin cancers.

Q: What should people look for when checking their skin?

A: Rozenberg: We teach the ABCDEs of melanoma: asymmetry, irregular borders, multiple colors, diameter larger than a pencil eraser, and anything that is evolving or changing. Also watch for sores that don't heal, or spots that bleed or crust. When in doubt, get it checked.

Q: Why is early detection so important?

A: Rozenberg: When melanoma is caught early, the five-year survival rate is about 99 percent. That's why routine skin exams and self-checks are so important. Basal cell and squamous cell carcinomas are also very treatable when found early but can cause significant damage if ignored.

Q: Anything else to add?

A: Rozenberg: Protect your skin every day, not just in the summer. Make sunscreen part of your routine like brushing your teeth. And remember — even if you're under an umbrella or in the shade, UV rays can reflect off surfaces like sand and water. Prevention is lifelong, and it truly makes a difference.



Courtesy Episcopal Health Services

Dr. Suzanne Sirota Rozenberg, chief of dermatology and program director of the Dermatology Residency Program at Episcopal Health Services.

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Ettinger Law Firm Well-Being Tips

Ettinger Law Firm promotes the well-being of our clients as well as the public at large. Here are some thoughts to help ease your day.

"All life is an experiment and the more experiments the better"
— Ralph Waldo Emerson

"Set peace of mind as your highest goal, and organize your life around it"
— Brian Tracy

"Accept what is. All pain comes from resistance"
— Zen saying

"Holding on to anger is like drinking poison and expecting the other person to die"
— Buddha

"There is nothing either good or bad, but thinking makes it so"
— Shakespeare

"Gratitude is not only the greatest of all virtues, but the parent of all the others" — Cicero

"When you're good to others, you are best to yourself"
— Ben Franklin

"The voyage of the best ship is a zigzag line of a hundred tacks" — Ralph Waldo Emerson

"Who is rich? He that rejoices in his portion"
— Ben Franklin

"Nothing in life is so hard that you can't make it easier by the way you take it"
— Ellen Glasgow

"Life appears to me to be too short to be spent in nursing animosity or regret"
— Charlotte Bronte

"Not money, or success, or position, or travel, or love makes happiness - service is the secret"
— Kathleen Norris

"To understand all is to forgive all"
— Evelyn Waugh

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