



CARING FOR OURSELVES & EACH OTHER



May is Skin Cancer Awareness Month

Skin cancer can affect Native people of all skin tones.

HOW ARE NATIVE AMERICANS IMPACTED BY SKIN CANCER?

- **Higher Rates:** Native Americans have the second highest rate of melanoma, after white people.
- **Later Diagnoses:** Melanoma is often found at later stages, impacting health outcomes.

For More Information

Visit CureMelanoma.org | [What AI/AN Should Know](#) or scan the QR:



Care for Your Skin, Care for Your Spirit

- **Check your skin:** Notice changes in your body, just as our ancestors taught us to listen closely to the signs we are given.
- **Protect your skin:** Using shade, clothing, and sunscreen is another way to honor the body you were given. Protection allows us to stay strong for our families, ceremonies, and time on the land.
- **Walk both paths of healing:** Traditional healing and Western medicine can work side by side. If a spot concerns you, speak with a healthcare provider you trust while continuing the practices that support your balance and wellbeing.
- **Share knowledge:** Teach children, listen to elders, and talk openly about skin health. Passing on knowledge is medicine for our communities.

What to Look For

Spots that:

- Change in size, shape, or color
- Look different from other marks on your skin
- Do not heal or keep coming back
- Bleed, itch, or hurt without a clear reason

Pay Special Attention To

- Hands and feet
- Palms and soles
- Under fingernails and toenails
- Scars or old injuries
- Areas not often in the sun, like the back, trunk, or behind the ears

Our skin carries our stories. Caring for it is an act of respect for ourselves and future generations.