



## **Sunscreen on Your Feet?**

### *Sunscreen use and exams to prevent skin cancer on feet*

When at the pool or lake we all lather up with sun screen to protect our skin from the harmful rays of the sun.

But do we remember to apply sunscreen to our feet?

Many don't realize skin cancer can occur on the feet from unprotected sun exposure, and overlook applying sunscreen to the area. Unfortunately, skin cancer of the foot is prevalent and can even be fatal if not caught early.

While all types of skin cancer, including squamous cell and basal cell carcinoma, can be found on the foot, the most common is the most serious form, melanoma. Symptoms can be as subtle as an abnormal-looking mole or freckle found anywhere on the foot, and often go unnoticed without routine foot exams.

Early diagnosis is key to effective treatment for the condition. But because people aren't looking for the early warning signs or taking the same precautions they do for other areas of the body, often times skin cancer in this region is not diagnosed until later stages.

Individuals should regularly inspect their feet, including the soles, in between their toes and even under their toenails, for any changing moles or spots and to have any suspicious areas promptly examined by a foot and ankle specialist.

For more information on skin cancer of the foot contact Dr. Disabato at 434-977-8040 or visit the American College of Foot and Ankle Surgeons' Web site, [FootHealthFacts.org](http://FootHealthFacts.org).