

## Know the ABCDEs of melanoma

\*\*\*SOT\*\*\*

**Cancer patient Kristi Fetter of Granite City, Illinois**

“I went to my doctor, and she noticed a little black dot on my chest. And she thought it was cancer, and it was. They cut it out, and it’s a pretty long scar. So wear your sunscreen.” (:17)

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**Heather Chambers, patient navigator at OSF HealthCare in Alton, Illinois, on possible skin cancer spread**

“It kind of grows down into the skin tissue. Then it has the chance to get vascular. It gets in your blood supply. And what happens then? It travels throughout your body, and it can relocate somewhere else.” (:12)

\*\*\*SOT\*\*\*

**Dr. Alejandro Sanz [pronounced SAHNZ], surgeon at OSF HealthCare in Alton, Illinois**

“We recommend from 11 a.m. to 3 or 4 p.m. to avoid sun exposure.” (:05)

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**Heather Chambers, patient navigator at OSF HealthCare in Alton, Illinois**

“You want to protect your body at all costs. You want to live a long life. If you want to live a long life, you’ll put the sunscreen on. You’ll protect your skin. I’d hate for you to die because you were out in the sun too much.” (:13)