

MAY IS SKIN CANCER DETECTION & AWARENESS MONTH

Skin Cancer is the most common form of cancer in the United States. More than 90% of skin cancer is preventable. Studies have shown that repeated sun damage, especially from sunburns, contributes to the development of skin cancer. Protecting your skin from damage from the sun or indoor tanning will greatly lower your risk.

HINTS TO PROTECT YOUR SKIN

- Wear protective clothing
- Avoid the sun in the middle of the day when the sun's rays are strongest
- Do not use indoor tanning beds. Use self-tanning creams or sprays.
- Check your skin monthly for signs of skin cancer, changing moles or sores that refuse to heal.
- See your dermatologist for a baseline skin cancer screening

SUNSCREEN TIPS

- Use a product that blocks both UVA and UVB rays. Examples include products that contain zinc oxide, titanium dioxide, avobenzone, and mexoryl.
- Apply to dry skin before going outdoors, and reapply after swimming, sweating, toweling off and every two hours.
- Use a product with an SPF of 30 or higher, since most people do not put on enough sunscreen to achieve the SPF rating on the label.



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