



Caring for your skin:

Skin cancer prevention



Avoid the sun during the middle of the day. The sun's rays are strongest between about 10 a.m. and 2 p.m. Head for the shade if you are outdoors, if possible.



Wear clothing that covers your arms and legs. Wear a hat with a wide brim to shade your face, head, ears and neck. Don't forget sunglasses, too.



Wear sunscreen year-round. Ultraviolet radiation can cause harm in all seasons and when it is cloudy.



Use a broad-spectrum sunscreen with an SPF of at least 30. Apply sunscreen generously, and reapply every two hours or more often if you're swimming or perspiring. If you are unable to reapply throughout the day, use a higher SPF, such as 50.



Use a generous amount of sunscreen on all exposed skin, including your lips, the tips of your ears, and the backs of your hands and neck.



Avoid tanning beds. Lights used in tanning beds emit UV rays and can increase your risk of skin cancer.



Be aware of sun-sensitizing medications. Some common prescription and over-the-counter drugs, including antibiotics, can make your skin more sensitive to the effects of the sun.



Check your skin regularly, and report changes to your doctor. Examine your skin often for new skin growths or changes in existing moles, freckles, bumps and birthmarks.