

Skin Cancer Prevention

- ☀️ **Seek shade during peak hours, specifically 10 AM – 4 PM**
- ☀️ **Avoid getting sunburned, tanning, and even using UV tanning beds**
- ☀️ **Use a broad-spectrum, UVA/UVB, sunscreen for extended outdoor activity. Make sure it is water-resistant, SPF 30 or higher and reapply every 2 hours!**
- ☀️ **Make sure to cover up with clothing when possible, including a broad-brimmed hat and UV-blocking sunglasses**
- ☀️ **Check your skin every month and see a dermatologist for a professional skin exam if something is concerning**

Skin Cancer is caused by repeated unprotected exposure to the sun and UV rays. It is the most common form of cancer in the United States and 1 in 5 adults will develop it by the age of 70. During the summer months it is especially important to know how to protect yourself!

The A-B-C-D-Es of how to tell if you have Skin Cancer

- **A- Is the spot Asymmetrical with an irregular shape or spots that look different?**
- **B- Is the Border of the spot irregular?**
- **C- Is the Color uneven throughout the spot?**
- **D- Is the Diameter of the spot larger than that of a pea?**
- **E- Has the spot Evolved or changed over the past few weeks or months?**