

Sun-Smart Tips for Healthier Skin



Preventing Sun Damage

- Limit sun exposure between 10 a.m. and 4 p.m.
- Protect your skin with broad-brimmed hats and clothing such as long sleeves and pants.
- Use a zinc oxide and/or titanium dioxide sunscreen of SPF 30 or higher.
- Apply sunscreen 20 minutes before going outdoors.
- Reapply sunscreen every two hours or after water sports.
- Wear sunglasses with 100% UV protection.
- Don't use tanning beds or sun lamps.
- Try not to burn or tan your skin.

Playing it Safe with Early Detection

- Examine your skin monthly and report any changes to your health care provider.
- Consider an annual skin exam with a health care provider.

Knowing Your Risk

Learn the factors that increase skin cancer risk: UV radiation exposure; skin that sunburns or freckles easily; a family or personal history of skin cancer; light-colored eyes; light or red hair; and many and/or unusual moles.

Questions?

Call toll free 1-888-424-2100

Visit www.huntsmancancer.org

