



ADVANCED SPECIALTY CARE P.C.

7 Ways to Prevent Skin Cancer



Summer is here, and with that comes a lot of time out in the sun. While some sun exposure benefits our health by providing our bodies with essential vitamin D, it also presents risks that can lead to skin or eye damage, and even skin cancer.

**Here are some
easy ways to protect
your skin from
sun damage:**

1

WEAR SUNSCREEN

- Choose a sunscreen with at least SPF 30. If you have fair skin or light hair use a sunscreen with a higher SPF. And use it liberally, covering your whole body (don't forget your whole face and top of head).
- Use sunscreen labeled "broad spectrum" that protects against two types of harmful rays: UVA and UVB.
- Use waterproof sunscreen - to make sure it stays on longer, even if you perspire or get wet.
- Reapply often, every two hours, or more if you've been swimming or are sweating.

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2

AVOID THE SUN BETWEEN 10AM – 4PM.

The sun is strongest during those hours, even on cloudy days. Schedule to do outdoor tasks such as gardening or lawn mowing in the morning or later in the afternoon when UV levels are lower if there is no shade in those areas.

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3

PUT ON A HAT WITH A WIDE BRIM

to help shade your face, ears and neck.

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4

WEAR SUNGLASSES

close-fitting wrap-around sunglasses that provide

100% UV protection will help protect your eyes.

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5

WEAR SUN PROTECTIVE CLOTHING

lightweight, loose fitting, long-sleeve shirts or long pants that cover as much skin as possible will protect the best.

6

AVOID TANNING BEDS

Although some people think that a tan gives them a 'healthy' glow, sunlamps and tanning beds give off ultraviolet (UV) radiation that poses serious health risks.



7

HAVE YOUR SKIN CHECKED YEARLY

with a board certified dermatologist.



ADVANCED SPECIALTY CARE, P.C.

Advanced Specialty Care is a multi-specialty practice of board-certified physician specialists offering the latest state-of-the-art technologies and techniques – all in a welcoming and caring environment. For 30+ years, we've helped tens of thousands of patients... how can we help you?

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