

Stay Safe in The Sun

Although we all love the summer, you must remember to protect your skin from the sun's damaging effects. Unprotected sun exposure can affect the immune system, prematurely age the skin, and more seriously, cause skin cancer—the most common type of cancer diagnosed in the U.S. Fortunately, it is one of the most preventable forms of cancer, so it's important to know what the risk factors are in order to aid in early detection and prevention.



1 IN 5 AMERICANS  **WILL DEVELOP SKIN CANCER IN THEIR LIFETIME**

What is Skin Cancer?

Skin cancer is the result of unrepaired DNA damage to skin cells that triggers mutations, or genetic defects, that lead the skin cells to multiply rapidly and form malignant tumors. The three most common types are Basal and Squamous Cell (BCC and SCC) and Melanoma.

- ✗ **Basal and Squamous Cell:** BCC and SCC occur in areas most frequently exposed to the sun
- ✗ **Melanoma:** Less common than BCC and SCC. Melanoma is also caused by sun exposure but can develop in moles and in other ways

Prevention

While skin cancer can be attributed to genetics or environmental influences, the majority of skin cancer cases are caused by Ultra Violet (UV) radiation.

What is UV Radiation?

UV radiation is caused by unprotected exposure to UV rays. UV rays are emitted by the sun and can vary in intensity based on time of year or day, and other factors. UV rays are also emitted by man-made devices such as tanning beds and sunlamps.

While different ethnicities are at higher risk for particular skin cancers, people of all ethnicities may be vulnerable.

In honor of **UV Safety Awareness month**, here are a few tips on how to stay safe in the sun this summer:

- ✓ Use at least an SPF 15 sunscreen daily and regularly apply sunscreen when in the sun for prolonged periods
- ✓ Keep your skin covered when possible to limit sun exposure and wear sunglasses for eye protection
- ✓ Examine your skin regularly; at least once per month
- ✓ Keep up with your annual visits, and **speak with your physician** if you notice any changes that may concern you



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