



About 90% of non-melanoma skin cancers and 65% of melanoma cases are associated with exposure to ultraviolet (UV) radiation from the sun. Everyone, regardless of skin color, should make staying safe in the sun a priority and incorporate sun protection measures into their daily life.” Here are a few recommendations to keep you and your skin protected:

1. Seek the shade.
2. Avoid getting sunburn.
3. Avoid tanning booths.
4. Wear protective UV clothing.
5. Use a broad spectrum SPF 30 with UVA/UVB.
6. Apply 1oz of SPF daily to your entire body 15-30 mins. before going outside.
7. Keep newborns out of the sun.
8. Examine and know your skin.
9. Map your moles. Ask us for a your body map.
10. Have a yearly examine with your physician.

Source: skincancer.org

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