

Did you know that most skin cancers — including melanoma — are preventable? Decrease your risk of skin cancer by following these simple tips:

WEAR clothing to protect you from the sun. Good options include a wide-brimmed hat, sunglasses, and lightweight, long-sleeved shirts and pants.

SEEK SHADE and try to avoid the sun between 10 a.m. – 2 p.m, when it's strongest.

USE a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more. Choose a sunscreen containing physical barriers such as zinc oxide and titanium dioxide. Generously apply it, and reapply every two hours (even on cloudy days) and after swimming or sweating.

AVOID tanning beds, which can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product and continue to use sunscreen with it.

USE extra caution near water, snow and sand: They reflect the sun's damaging rays.

GET vitamin D safely through a healthy diet, which may include vitamin supplements. If you need a supplement, look for vitamin D3.

CHECK your skin every month: If you notice anything changing, growing or bleeding on your skin, talk to your doctor. Skin cancer is very treatable when caught early.

For more information visit:

www.ohsu.edu/dermatology