

Outreach of the Month: Sun Safety

Information for Your Patients

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topic:
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SKIN CANCER is the most common cancer in the United States.

Nearly 5 million people are treated for skin cancer each year. Fortunately, most skin cancers can be prevented.

Exposure to ultraviolet (UV) rays- from the sun or from tanning beds- is the most common cause of skin cancer also known as **Melanoma**.

Anyone, no matter their skin tone, can get skin cancer!

Remember these important tips:



* Seek shade, especially during midday hours (10am-3pm). Find relief under trees, umbrellas or other shelters.



* Wear a hat, sunglasses, and protective clothing to shield skin.



* Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin and reapply every 2 hours and after swimming, sweating, or toweling off.

As always, maintain regular visits with your primary care provider

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