

How to lower your skin cancer risk



Use sunscreen and lip balm

Apply liberally, 30 minutes before going outside. Reapply every two hours.



Wear sunglasses

Look for lenses that provide both UVA and UVB protection.



Cover up

Wear dark, tightly woven clothing. Pick a hat with a large brim to protect your ears and neck.



Stay in the shade

Look for shady areas when outside. Avoid going outdoors between 10 a.m. and 4 p.m.



Skip the tanning bed

Tanning beds are not a safe alternative to the sun.



Use extra caution

Water, snow, and sand amplify the sun's rays.



Make an appointment today

Our dermatologists at Summit Health diagnose and treat conditions that affect the skin, hair, and nails. We offer screening and dermatology procedures for a variety of skin issues, including common and serious skin cancers.

[summithealth.com/
services/dermatology](https://summithealth.com/services/dermatology)

8 risk factors for skin cancer

If you have one or more of these risk factors, consult your doctor or schedule a skin cancer screening exam.

Risk factors

Red or blonde hair, fair skin, freckles, and blue or light-colored eyes

More than 50 moles

History of frequent or intense sun exposure

History of tanning bed use

One or more blistering sunburns

Family history of melanoma

Personal history of melanoma

Personal history of basal cell and/or squamous cell skin cancers

Most skin cancers fall into one of these three categories:

Basal cell

It is a slow-growing cancer that seldom spreads.

Squamous cell

It is more likely than basal cell to spread, but it is less common.

Melanoma

It makes up only 2 percent of skin cancers, but causes the most skin cancer deaths.

Quick tips and reminders

- Always be on the lookout for moles, spots, or bumps that change or grow.
- Having dark skin does not protect you from skin cancer. The disease is increasing among African-Americans and Hispanics.
- Remember that skin cancer is the most common cancer in the United States.