



# SUN SENSE

## Skin Cancer Prevention Tips

Tis the season for sunshine! Keep your sun sense by following the recommendations listed below:

- Stay out of the sun during the peak hours of UV radiation, from 10 a.m. to 4 p.m.
- Wear protective clothing (wide brim hats, long sleeves, pants).
- Wear sunscreen with an SPF of 15 or higher, summer and winter, on both cloudy and clear days.
- Apply sunscreen that blocks both UVA and UVB radiation to all exposed skin, including lips, ears, back of the hands, and neck. Apply 30 minutes before going out in the sun, and reapply it every 2 hours and after swimming, exercising, or sweating.
- Wear wraparound sunglasses that block at least 99% of UVA and UVB radiation.
- Babies younger than 6 months should always be completely shielded from the sun. Children 6 months & older should have their skin protected from too much sun exposure.



Skin cancer can be cured if found and treated early. Learn you ABCDE's, the changes in a mole or skin growth that are warning signs of melanoma:

- **A**symmetry: One half doesn't match the other half.
- **B**order irregularity: The edges are ragged, notched, or blurred.
- **C**olor: The pigmentation is not uniform. Shades of tan, brown, and black are present. Dashes of red, white, and blue add to the mottled appearance. Color may spread from the edge of a mole into the surrounding skin.
- **D**iameter: The size of the mole is greater than 6 mm (0.2 in.), or about the size of a pencil eraser.
- **E**volution: There is a change in the size, shape, symptoms (such as itching or tenderness), surface (especially bleeding), or color of a mole.



Examine your skin once every month, look for any changes and have your doctor check your skin during any regular health exam.

Adapted from multiple skin cancer prevention topics resourced on WebMD 2014



"I praise you for I am fearfully and wonderfully made." ~ Psalm 139:14 (NRSV)