



# HOW CAN YOU HELP TO PREVENT AMERICA'S MOST COMMON CANCER?

## PRACTICE SAFE SUN *Melanoma Awareness*

- ☀️ **Limit your time in the sun – especially between 10 – 4**
- ☀️ **Apply sunscreen of SPF-45 or higher often, especially after swimming**
- ☀️ **Wear protective clothing, hats, sunglasses**
- ☀️ **Avoid tanning beds – their intense UV rays may cause skin cancer; try tanning sprays and lotions instead**
- ☀️ **Look for changes in moles every month** (shape, color, size)
- ☀️ **Visit your dermatologist yearly**

Skin cancer is the most commonly occurring cancer in the United States. The number of new cases appears to be increasing each year. Fortunately, skin cancer is one of the most preventable cancers.



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MELANOMA AWARENESS AND EDUCATION  
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