



Most skin cancers are preventable!
To protect yourself, follow these skin cancer prevention tips:

- **Avoid the sun between 10 a.m. and 4 p.m.** Because the sun's rays are strongest during this period, try to schedule outdoor activities for other times of the day, even in winter or when the sky is cloudy. You absorb UV radiation year-round, and clouds offer little protection from damaging rays.
- **Wear sunscreen year-round.** Sunscreens don't filter out all harmful UV radiation, especially the radiation that can lead to melanoma, but they play a major role in an overall sun protection program. Sunscreens that contain ingredients such as titanium dioxide and mexoryl do a better job at blocking UVA rays. Choose a broad-spectrum sunscreen that has a sun protection factor (SPF) of at least 15. Use a generous amount of sunscreen on all exposed skin, including your lips, the tips of your ears, and the backs of your hands and neck. For the most protection, apply sunscreen 20 to 30 minutes before sun exposure and reapply it every two hours throughout the day, as well as after swimming or exercising.
- **Wear protective clothing.** Sunscreens don't provide complete protection from UV rays. That's why it's a good idea to also wear dark, tightly woven clothing that covers your arms and legs, and a broad-brimmed hat, which provides more protection than a baseball cap or visor does. Some companies also sell photo protective clothing. A dermatologist can recommend an appropriate brand. Don't forget sunglasses. Look for those that block both UVA and UVB rays.
- **Avoid tanning beds and tan-accelerating agents.** Tanning beds emit UVA rays, which may be as dangerous as UVB rays — especially since UVA light penetrates deeper into your skin and causes precancerous skin lesions.
- **Be aware of sun-sensitizing medications.** Some common prescription and over-the-counter drugs — including antibiotics; certain cholesterol, high blood pressure and diabetes medications; birth control pills; nonsteroidal anti-inflammatory drugs such as ibuprofen (Advil, Motrin, others); and the acne medicine isotretinoin (Accutane) — can make your skin more sensitive to sunlight.
- **Check your skin regularly and report changes to your doctor.** Examine your skin often for new skin growths or changes in existing moles, freckles, bumps and birthmarks. With the help of mirrors, check your face, neck, ears and scalp. Examine your chest and trunk, and the tops and undersides of your arms and hands. Examine both the front and back of your legs, and your feet, including the soles and the spaces between your toes.
- **Have regular skin exams.** Consult your doctor for a complete skin exam every year if you're older than 40 or more often if you're at high risk of developing skin cancer.

The Medical Center of Plano, in conjunction with the American Cancer Society and the Dallas/Ft. Worth Dermatological Society, will be sponsoring a FREE melanoma and skin cancer screening:

SATURDAY

April 28

8:00 AM – NOON

No appointments - First Come, First Served!

FREE parking in the north parking lot and enter by the ER.



The Medical Center of Plano