

(Reviewed 12/08)

PROTECT YOUR SKIN (FROM SKIN CANCER)

(For assistance, please contact EHS at (402) 472-4925, or visit our web site at <http://ehs.unl.edu/>)

According to the American Cancer Society, malignant melanoma, a form of skin cancer, is the most rapidly increasing form of cancer in the United States. Skin cancer is largely preventable when measures are consistently used to prevent exposure of the skin to sunlight. Follow these measures to reduce your risk of developing melanoma:

- **Reduce sun exposure between 10:00 a.m. and 4:00 p.m.**
This is when sunlight is the strongest. Try to work in the shade to the extent possible.
- **Wear sunscreen and lipscreen with a minimum rating of 15 SPF (sun protection factor).**
Sunlight reflects off surfaces, so you need to wear sunscreen even when in the shade. Reapply sunscreen and lipscreen as directed by the manufacturer.
- **Wear reflective or light-colored clothing such as long-sleeved shirts and long pants.**
Choose loose-fitting clothing made of tightly woven material. T-shirts actually have an SPF of less than 15, so you should also wear sunscreen.
- **Wear a wide-brimmed hat.**
If the hat doesn't shade your neck and ears, use sunscreen in these areas. Canvas hats provide more protection than straw hats.
- **Wear sunglasses.**
Wrap-around glasses provide the most protection.

Remember, tanned skin is damaged skin. What looks cool today could result in cancer years from now.

Source: *National Center for Chronic Disease Prevention and Health Promotion*