

# **Skin Cancer: Saving Your Skin From Sun Damage**

The sun's rays, which are called ultraviolet A and ultraviolet B damage your skin. This leads to early wrinkles, skin cancer and other skin problems.

## **Tips for Preventing Skin Cancer:**

Avoid the sun between 11 and 3PM.

Don't use tanning booths.

Wear protective hats and clothing.

Check your skin monthly for signs of skin cancer.

If you see an area on your skin that looks unusual, ask your doctor about it.

Go to [www.familydoctor.org](http://www.familydoctor.org) and look up skin cancer for further information.