8 risk factors for skin cancer

- Red or blond hair, fair skin, freckles and blue or light-colored eyes
- More than 50 moles
- History of frequent or intense sun exposure
- History of tanning bed use
- One or more blistering sunburns
- Family history of melanoma
- Personal history of melanoma
- Personal history of basal cell and/or squamous cell skin cancers

If you have one or more of these risk factors, consult your doctor or schedule a skin cancer screening exam.

Most skin cancers fall into one of these three categories:

- **Basal cell**
  - is a slow-growing cancer that seldom spreads.

- **Squamous cell**
  - is more likely than basal cell to spread, but it is much less common.

- **Melanoma**
  - makes up only 2 percent of skin cancers, but causes the most skin cancer deaths.

Having dark skin does not protect you from skin cancer. The disease is increasing among African-Americans and Hispanics.
Lower your skin cancer risk

**Stay in the shade**
Look for shady areas when outside. Avoid going outdoors between 10 a.m. and 4 p.m.

**Cover up**
- Wear dark, tightly woven clothing.
- Pick a hat with a large brim to protect your ears and neck.

**Use extra caution**
Water, snow and sand amplify the sun’s rays.

**Use sunscreen and lip balm**
Apply liberally, 30 minutes before going outside. Reapply every two hours.

**Wear sunglasses**
Look for lenses that provide both UVA and UVB protection.

**Skip the tanning bed**
Tanning beds are not a safe alternative to the sun.

Our cancer prevention specialists are experts in cancer risk reduction and early detection.

**Appointments available 713-745-8040**