



Skin Cancer Prevention

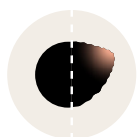
The most common risk factor for skin cancer is exposure to ultraviolet rays from the sun or indoor tanning beds. Protect yourself by following these tips from Memorial Sloan Kettering.

Be Sun Smart

- Apply a **broad-spectrum sunscreen** with an SPF of 30 or more at least 20 minutes before going outside.
- Reapply sunscreen **every two hours** and right after swimming, toweling off, or sweating.
- Wear **protective clothing**, such as long-sleeve shirts, wide-brimmed hats, and sunglasses.
- Avoid the sun from 10 AM to 2 PM when the sun's rays are the strongest.
- When outdoors, consider a **shaded location** rather than being in the direct sunlight.
- Do not use indoor tanning beds.

Take Action

Skin self-exams should be done every month using a mirror. Start at the top of your head or the bottom of your feet and go over your entire body, including your back and ears. The **ABCDE method** is a good guide to help you identify new or changing suspicious spots or moles.



Asymmetry

One half doesn't match the other.



Border

The edges are uneven and irregular.



Color

The shade does not match that of your other moles.



Diameter

The width is more than 6 millimeters.



Evolution

There are changes in the size, shape, surface, or color.

If you are concerned about changes in your skin, contact your dermatologist. It may not be cancer, but your doctor will be able to provide individualized guidance.

Your employer partners with Memorial Sloan Kettering to offer a benefit called **MSK Direct**, a program that offers guided access to exceptional cancer care for all employees and their family members. If you or a loved one is impacted by cancer and would like to explore the options at MSK, call your employer's dedicated phone number: **844-386-3368** or visit **mskcc.org/nycdcc**.



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