



Prevent Skin Cancer

How do You Reduce Your Risk?

Although the most important risk factor for skin cancer is excess sun exposure, lifestyle factors are also important.

Primary Prevention

- ◆ Avoid excess sun exposure (especially between the hours of 10 a.m. and 2 p.m.)
- ◆ Limit sun exposure to 20 minutes daily.
- ◆ Wear protective clothing such as a shirt and a wide-brimmed hat.
- ◆ Use sunscreen with a sun protection factor (SPF) rating of 15 or greater. Reapply frequently.
- ◆ Schedule annual skin cancer exams with a dermatologist and have her show you how to do monthly skin examinations at home.
- ◆ Don't smoke.



Tips for Reducing Your Risk

Secondary Prevention

- ◆ Eat a diet high in colorful fruits and vegetables for protective antioxidants and phytochemicals.
- ◆ Eat a healthful diet of *whole foods* rich in antioxidants.
- ◆ Sauté vegetables in olive oil or use olive oil and vinegar dressing on salads.
- ◆ Eat more carotenoid-rich foods such as cantaloupe, mango, sweet potatoes and tomatoes.
- ◆ Eat a lowfat diet high in omega-3 fatty acids.

Need More Information?

For more information check out www.aad.org (American Academy of Dermatology) and www.dhs.ca.gov/cpns/skin.



Source: *Communicating Food for Health*, June 2003

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