While skin cancer is the most common cancer in the United States, it is also one of the **MOST PREVENTABLE** cancers! What can you do?

Most skin cancers are caused by exposure to UV radiation from the sun. By developing sun-safe habits, you can significantly reduce your risk!

- Wear sunscreen SPF 30 or higher
- Reapply often when having fun in the sun!
- Seek out shade when possible
- Avoid tanning, especially tanning beds!
- Cover up more with clothes
- Don’t forget your sunglasses

For more cancer prevention tips, visit our website www.cancerpathways.org