Sun-Smart Tips

Prevention
- Limit sun exposure between 10 a.m. and 4 p.m.
- Protect your skin with broad-brimmed hats and clothing such as long sleeves and pants
- Use a zinc oxide and/or titanium dioxide sunscreen of SPF 30 or higher
- Apply sunscreen at least 20 minutes before going outdoors
- Reapply sunscreen every two hours or after water sports
- Wear sunglasses with 100% UV protection
- Don’t use tanning beds or sun lamps
- Try not to burn or tan your skin

Screening and Early Detection
- Examine your skin monthly and report any changes to your health care provider
- Consider an annual skin exam with a health care provider

Know Your Risk
Learn the factors that increase skin cancer risk:
- UV radiation exposure
- Skin that burns or freckles easily
- A family or personal history of skin cancer
- Light-colored eyes
- Light or red hair
- Many and/or unusual moles

Did You Know?
A person will sunburn 30% faster in Salt Lake City than in Los Angeles. This is because the UV intensity is much greater at Salt Lake City’s high altitude.

For best skin protection, look for a broad-spectrum sunblock that contains zinc oxide or titanium dioxide with an SPF 30 or higher.

Huntsman Cancer Institute offers an annual free skin cancer screening. Call the G. Mitchell Morris Cancer Learning Center at 1-888-424-2100 for more information.

Melanoma Clinical Trials
Clinical trials are closely monitored studies of new treatments for cancer patients. They help find better ways to prevent, diagnose, or treat a disease. We have several melanoma clinical trials open for enrollment. To learn more, talk to your doctor or visit www.huntsmancancer.org/clinicaltrials.