

Skin Cancer Prevention

- Wear SPF 30-50 sunscreen with zinc oxide
- Reapply sunscreen every few hours while outside
- Reduce sun exposure

ABC's of Skin Cancer

A

Asymmetry: growth is not equal

B

Borders: irregular edges

C

Colors: multicolored area

D

Diameter: larger than a pencil eraser

Healthy  **ZONE**

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