

# DON'T LET THE SUN LEAVE A MARK ON YOU

## LEARN TO DETECT SKIN CANCER



## The sun...

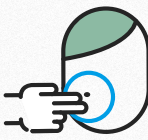
1.



### On your skin

Ultraviolet rays are the main risk factor associated with developing skin cancer.

2.



### On your face

Too much exposure to the sun will alter your skin's elasticity and texture.

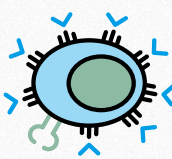
3.



### On your eyes

It can cause eye damage and increase the chances of developing cataracts, the primary cause of blindness around the world.

4.



### On your defenses

Excessive exposure to the sun can affect your immune system.

## Protect yourself

5.



### Sunglasses with UV filters

To prevent burning or damaging your eyes.

6.



### Sunscreen

Use sunscreen with Sun Protection Factor of at least 30. Apply it 30 minutes before exposing yourself to the sun and re-apply it every 4 hours.

7.



### Clothing forms a protective barrier

Avoid the hours of maximum exposure and wear trousers and long sleeve shirts.

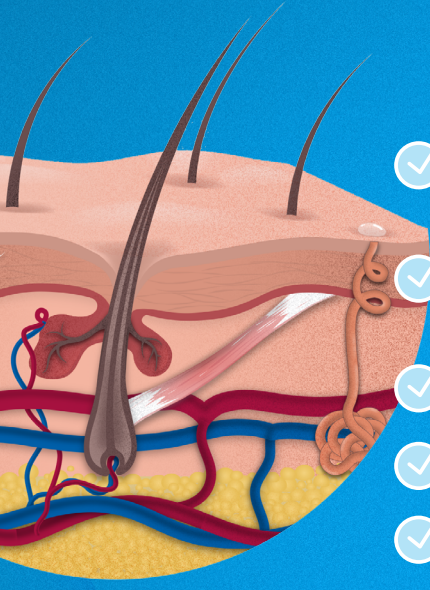
8.



### Eat a diet rich in antioxidants

Incorporate foods with a lot of vitamin E into your diet, such as oils and nuts.

## Did you know that...



Snow, water and sand are all surfaces that increase the intensity of the sun's ultraviolet rays.



Ultraviolet radiation increases by 4% with every 300 metre increase in altitude.



60% of rays fall on the earth between 10 am and 2 pm.



Being in the shade halves our level of exposure to ultraviolet rays.



Cloudy days are not 100% safe, because UV rays can pass through clouds.

## The ABCDE of moles, key for detecting skin cancer

Asymmetry



Diameter



Border



Evolution



Colour

