




DON'T LET THE SUN LEAVE A MARK ON YOU

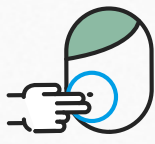
LEARN TO DETECT SKIN CANCER

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. 

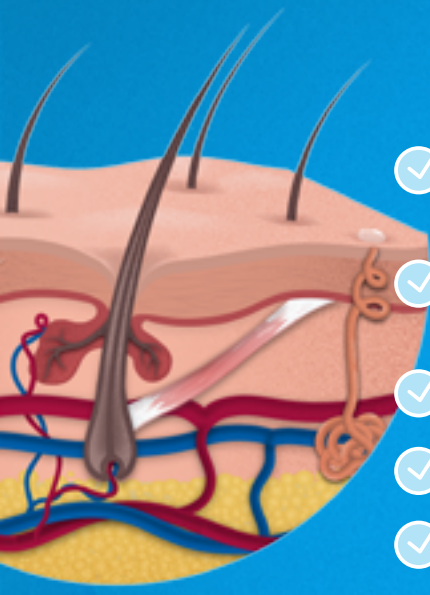
Clothing forms a protective barrier

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 

