

THREE TIPS ON SUN SAFETY



July is national UV safety month! As you have fun in the sun, here are some tips on how to stay safe and protected from one of the leading causes of skin cancer.

Become sun smart!



Companies are selling "sunscreen pills," which may seem too good to be true. They are! This spring, the FDA published a warning against these products.



Know your risk. Some people are more prone to UV damage, including those with skin cancer in their family and with light eyes and skin that easily burns.



Always wear sunscreen when you're outside, and, when possible, find a shady spot and wear protective clothing and eyewear, too!

To read more about skin cancer, visit curetoday.com/tumor/skin