

# Say YES to Sun Protection

## Say NO to Skin Cancer

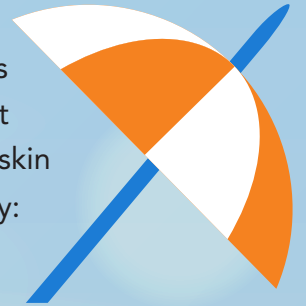
### Skin cancer is the most common cancer in the U.S.

**One** in **five** Americans will develop skin cancer in their lifetime, and nearly **20 Americans** die from melanoma, the deadliest form of skin cancer, every day.



Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- **Seeking shade**
- **Wearing sun-protective clothing**
- **Applying sunscreen to all skin not covered by clothing**



### There are two types of sunscreens:



#### Physical Sunscreen

This sunscreen **works like a shield**; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients **zinc oxide** and/or **titanium dioxide**.

Opt for this sunscreen if you have **sensitive skin**.



#### Chemical Sunscreen

This sunscreen **works as a sponge**, absorbing the sun's rays.

Look for one or more of the following active ingredients: **oxybenzone**, **avobenzone**, **octisalate**, **octocrylene**, **homosalate** and **octinoxate**.

This formulation tends to be **easier to rub into** the skin without leaving a white residue.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **broad-spectrum**, **water-resistant** and has an **SPF 30 or higher**, it can effectively protect you from the sun. Make sure you reapply it every **two hours**, or after swimming or sweating.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](http://SpotSkinCancer.org).