**Skin Deep**

It’s your largest organ and without it you’d literally evaporate. Show your skin some love by taking steps to protect it. Even if you spent your teenage years in a tanning bed, it isn’t too late to adopt healthy skin care habits. Start today with these tips.

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**Schedule a Screening**

The key to beating skin cancer is detecting it early, when it’s most treatable. Call 1.800.4BAYLOR for a referral to a dermatologist on the medical staff at a Baylor Health Care System medical center.

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**2 MIL+**

Every year, more than 2 million Americans are diagnosed with skin cancer, making it the **MOST COMMON** form of cancer in the United States.

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**1/2**

Wearing sunscreen **EVERY DAY** cuts the incidence of melanoma, the most serious form of skin cancer, in half.

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**Check your entire body **MONTHLY** for abnormalities, such as bumps or sores that don’t heal.**

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**Remember to slather sunscreen on the tops of your hands, ears and neck, commonly forgotten body parts. And use a lip balm with SPF.**

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**Keep your guard up even in the winter and on cloudy days. The sun’s rays can damage your skin no matter the season or cloud cover.**

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**You only need 1 ounce of sunscreen to protect your body.**

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**Reapply your sunscreen every 2 hours—more often if you’re in the water or sweating heavily.**

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**The Skin Cancer Foundation recommends using a sunscreen with an SPF of at least 15.**

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**If you have to be in the sun, cover up as best you can. Don’t forget a wide-brimmed hat and sunglasses.**

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Physicians are members of the medical staff at one of Baylor Health Care System’s subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers or Baylor Health Care System.

Sources: American Academy of Dermatology, the Skin Cancer Foundation, National Cancer Institute at the National Institutes of Health

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