ORAL FITNESS FACT SHEET

Reduce Your Skin Cancer Risk by Practicing Sun-Smart Behavior!

Skin cancer is the most common type of cancer in the United States. More than 9 out of 10 skin cancers are caused by overexposure to ultraviolet (UV) radiation from the sun. As a soldier, you may be at high risk of developing skin cancer if you spend long periods of time outdoors.

UV radiation can lead to skin cancer when it triggers the skin to tan or burn. The amount of UV radiation you receive varies with the season, time of day, altitude, distance from the equator, and cloud cover.

Reduce your risk of getting skin cancer by practicing sun-smart behaviors:

- When possible, avoid outdoor activities between 10 am and 3 pm when the sun is most intense, or seek shade. Remember: "Short Shadow? Seek Shade!"

- Wear protective clothing (your uniform, broad-brimmed hats, long-sleeve shirts and pants of tightly woven fabric) to cover your arms and legs.

- Use a broad-spectrum (blocks both UVA and UVB rays) sunscreen with a Sun Protection Factor (SPF) of 15 or 30. Reapply as instructed on label.

- Wear sunglasses that block UVA and UVB rays.