

## Melanoma Prevention: Practical Tips to Protect Your Skin



Melanoma is a type of skin cancer that, while less common than others, can be more aggressive. Fortunately, there are effective steps you can take to reduce your risk of developing it. At SAIN Medical we offer recommendations based on reliable sources to help you protect your skin and prevent melanoma.

### 1. Limit Exposure to Ultraviolet (UV) Rays

UV radiation from the sun is one of the main causes of melanoma. To reduce its impact:

- **Seek shade:** Especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- **Wear protective clothing:** Choose long-sleeved shirts, long pants, and wide-brimmed hats that cover your face, neck, and ears.
- **Apply sunscreen:** Use broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 daily. For prolonged outdoor activities, choose water-resistant sunscreen with SPF 30 or higher. Apply generously to all exposed areas 30 minutes before going outside, and reapply every two hours or after swimming or sweating.

### 2. Avoid Tanning Beds and Sun Lamps

Using artificial tanning devices exposes the skin to high levels of UV rays, increasing the risk of melanoma. It is best to avoid them altogether to maintain healthy skin.

### 3. Protect Children from Sun Exposure

Children's skin is more sensitive to UV radiation. Keep babies under six months out of direct sunlight and dress children in protective clothing. Teach them from a young age about the importance of sun protection.

### 4. Perform Regular Skin Self-Exams

Examine your skin monthly to detect new moles or changes in existing ones. Watch for signs such as asymmetry, irregular borders, color changes, a diameter larger than 6 mm, or any evolution in appearance. If you notice anything unusual, consult a dermatologist.

Prevention is key in the fight against melanoma. Adopting sun protection habits, avoiding artificial UV sources, and maintaining regular skin monitoring are essential steps to lower your risk. Remember, protecting your skin today is an investment in your future health.

SAIN Medical will help you contact a trusted oncologist from our reliable medical network! Contact us at +52 (653) 536-7800, via email [info@sainmedical.com](mailto:info@sainmedical.com), or send us message through our online [contact form](#).

## References

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