



## Skin Cancer Precautions

1. Wear mineral-based sunscreen with minimum SPF 30+ daily
  - Reapply every 2 hours
2. Increase SPF up to 100 for extended outdoor exposure activities
3. Seek shade from 10:00am – 2:00pm
4. Wear broad brimmed hats throughout the day
  - Recommended 3+ inch brim
5. Self-skin exam screening monthly
  - Ex: The 1st of each month for consistency
6. Annual complete skin surveillance exam with a board certified dermatologist
7. Oral Nicotinamide (500 IU daily) for patients with a known history of 2 or more skin cancers within the past 5 years
  - Can be purchased from Walgreens, Target, Whole Foods, most grocery or drug stores

## Notes: