

# Skin Cancer Prevention Guidelines

Dear [Recipient's Name],

As part of our commitment to promoting skin health, we at [Clinic Name] would like to share important guidelines for skin cancer prevention that can aid in protecting our patients and community.

## 1. Regular Skin Examinations

Encourage patients to perform self-examinations of their skin monthly and seek professional evaluations annually or as recommended.

## 2. Sun Protection

Advise the use of broad-spectrum sunscreen with an SPF of 30 or higher, applying it generously and reapplying every two hours, especially after swimming or sweating.

## 3. Protective Clothing

Recommend wearing protective clothing, wide-brimmed hats, and UV-blocking sunglasses when outdoors.

## 4. Avoid Tanning Beds

Educate patients on the risks associated with tanning beds and encourage natural tanning methods or self-tanning products.

## 5. Awareness of Risk Factors

Discuss personal and family history of skin cancer, skin type, and previous sunburns as factors that may increase their risk.

## 6. Hydration and Nutrition

Promote a balanced diet and adequate hydration to maintain healthy skin and overall wellbeing.

We hope these guidelines will assist in promoting skin cancer awareness and prevention within your network. For further information or resources, please do not hesitate to contact us.

Sincerely,

[Your Name]  
[Your Position]  
[Clinic Name]  
[Contact Information]