

Buena Salud[®] Club

1-866-783-2645

Protect your skin!

Skin cancer is the most common type of cancer, but it is also one of the most preventable. The ultraviolet rays, UVA and UVB, from the sun and tanning beds damage the skin. It is important to protect your skin from both UVA and UVB rays. UVA rays can damage the deep layers of the skin and cause wrinkles, while UVB rays are the main source of sunburns. Damage from both can increase your risk of skin cancer.

Tip of the month.

Whether your skin is fair or darker, we are all at risk of getting skin cancer.



Hablemos del
cáncer de la piel
— Let's Talk About
Skin Cancer



Learn more. Be one of the first 100 callers to the Buena Salud Club[®] at 1-866-783-2645 (toll-free) and receive a FREE cap, sun safety tips, and information on skin cancer. You can also get answers to all of your health questions, and we can even help you find a health care provider where you live!

National Alliance for Hispanic Health - www.hispanichealth.org



CALL 1-866-783-2645
TO TAKE ADVANTAGE
OF THIS SPECIAL OFFER
TODAY!

National Alliance for Hispanic Health
1501 16th St. NW
Washington, DC 20036-1401

Tips to protect your skin:

1. Check your skin regularly. If you notice any moles that have changed or are new see a health care provider.
2. Do not use tanning beds or lamps.
3. Avoid the sun between 10 am and 4 pm.
4. Make sure the sunscreen you use states “broad spectrum” on the label. This protects against UVA and UVB rays.
5. Apply sunscreen 15 to 30 minutes before going outdoors.
6. Always reapply sunscreen at least every two hours when outside, after swimming, or after sweating.
7. Cover up by wearing a hat, shirt, and sunglasses.