

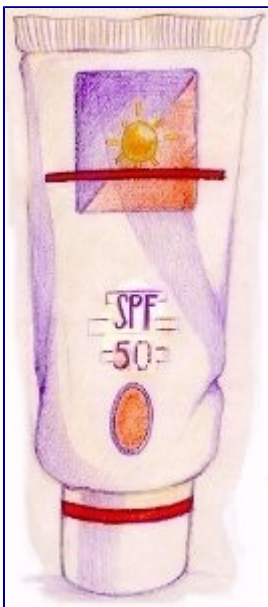
Prevention



Women's Cancer Communication Project

Coordinated by the European Institute of Women's Health

<http://www.eurohealth.ie/cancom/>



Avoid over exposure to the sun.

Avoid the sun between the hours of 10am and 3pm as UVB rays are strongest during these times.

Use a high factor sunscreen – factor 15 or higher if you are fair skinned and never allow yourself to burn.

The SPF numbers refer to the product's ability to screen or block out the sun's burning rays.

It is a mistake to assume that the effective duration of a sunscreen can be calculated simply by multiplying the SPF by the time it takes for a person to suffer a burn without sunscreen, because the amount of sun exposure a person receives depends on more than just the length of time spent in the sun.

SPF 15 is the minimal level recommended by many dermatologists.

The amount of sun exposure can depend on: the length of exposure, time of day, geographic location and other weather conditions.