



**Summer Wellness Tip**  
***Preventing Skin Cancer***

**SCL Physicians-Occupational Medicine**

SCL Physicians-Occupational Medicine is a one stop shop for your workers' compensation injury care and employee testing (pre-hire or annual employment exams) needs in the Denver Metro area. If you have any questions regarding our services or would like to speak to us about setting up an account, please reach out to Jerad Degenhart at 303-272-0755. Our wellness tip is preventing skin cancer.

Sun exposure is the most preventable risk factor for all skin cancers, including Melanoma. You can have fun in the sun and decrease your risk of skin cancer by protecting yourself from the sun. Wear Protective clothing; long sleeve shirt, pants, and wide brimmed hat and sun glasses when possible. Seek Shade remembering that the sun's rays are the strongest between 10 am and 2 pm. Use extra caution when near water, snow and sand as they reflect the damaging rays of the sun which can increase your chance of skin cancer. Generously apply a broad spectrum water resistant sun screen. Reapply every 2 hours, even on cloudy days, and after swimming or sweating. Check out your spots by [www.SpotSkinCancer.org](http://www.SpotSkinCancer.org). Avoid tanning beds as the ultraviolet light from the sun and tanning beds can cause not only the skin cancer but wrinkling. Know your spots. If you notice anything on your skin changing, growing or bleeding, see a dermatologist. If caught early, skin cancer is very treatable!

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