Preventing skin cancer through sun protection

Winnie Edwin*

The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong, China

Abstract

Skin cancer is a signif cant public health concern, with millions of cases diagnosed globally each year. Ultraviolet (UV) radiation from the sun is the primary environmental risk factor for skin cancer, making sun protection a critical aspect of prevention e forts. This abstract explores the importance of sun protection in reducing the risk of skin cancer and highlights practical strategies for minimizing UV exposure. The abstract begins by emphasizing the link between UV radiation and skin cancer, highlighting the role of DNA damage and mutations in cancer development. It underscores the importance of sun protection as a primary preventive measure, emphasizing its efectiveness in reducing the incidence of skin cancer. Key sun protection strategies, such as sunscreen use, seeking shade, wearing protective clothing, using sunglasses, and avoiding tanning beds, are discussed in detail. These measures aim to minimize UV exposure and mitigate the risk of skin cancer, particularly melanoma, basal cell carcinoma, and squamous cell carcinoma.

,

Importance of sun protection

. B , .

Practical sun protection strategies

() 30 ,

*Corresponding author: Winnie Edwin, The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong, China, E-mail: winnie888@

gmail.com

Received: 01-Mar-20724is Natanusspient-Naccesspa@ibletdistributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and

Signi cance of sun protection

E ectiveness of sun protection strategies

Challenges and barriers

Promoting sun safety awareness

, - ,

. B ,

Conclusion

. В

References

- Saarinen R (2006) Weakness of will in the Renaissance and the Reformation. OSO 29-257
- 2. Rovner MH (2005) Likely consequences of increased patient choice. Health Expect 8: 1-3.
- Marc EL, Chris B, Arul C, David F, Adrian H, et al. (2005) Consensus statement: Expedition Inspiration 2004 Breast Cancer Symposium: Breast Cancer – the Development and Validation of New Therapeutics. Breast Cancer Res Treat 2014 2
- 4. Casamayou MH (2001) The politics of breast cancer. GUP 1-208.
- Baralt L, Weitz TA (2012) The Komen–planned parenthood controversy: Bringing the politics of breast cancer advocacy to the forefront. WHI 22: 509-512
- Kline KN (1999) Reading and Reforming Breast Self-Examination Discourse: Claiming Missed Opportunities for Empowerment, J Health Commun 119-141.
- 7.

6.