

Preventing skin cancer through sun protection

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Abstract

Skin cancer is a significant 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 efforts. 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 effectiveness 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.

Keywords:

Introduction

Understanding the risks

Importance of sun protection

Practical sun protection strategies

Discussion

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