

Skin Cancer

Definition:

Skin cancer is the abnormal growth of skin cells, most often develops on skin exposed to the sun, but it can also develop on areas of the skin not ordinarily exposed to sunlight.

Risk Factors:

- Fair skinned individuals are more likely to develop skin cancer than those with darker skin.
- History of sunburns.
- Excessive sun exposure.
- Using Indoor tanning beds.
- Family history of skin cancer.
- Personal history of skin cancer.
- Weakened immune system.
- Exposure to certain chemical substances. (such as arsenic).

Prevention:

- Avoiding the sun during the middle of the day.
- Shifting outdoor activities to other times of the day.
- Using a broad-spectrum sunscreen with an SPF of at least (15) and applying a generous amount of on all skin exposed to the sun.
- Wearing protective clothing that cover the forearms and legs, in addition to wearing hats.
- Wearing sun glasses.
- Avoiding tanning beds.
- Being aware of sun-sensitizing medications that can make the skin more sensitive to sunlight.
- Examining the skin regularly and reporting any changes to the doctor.

Clinical Health Education Department

For further questions kindly contact us via email:

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