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Skin cancer prevention approaches include avoiding risk factors like ultraviolet radiation that comes from the sun, sun lamps, and tanning beds. Learn more about the risks and possible protective factors for skin cancer in this expert-reviewed summary. Skin cancer is a disease in which malignant (cancer) cells form in the tissues of the skin. There are several types of skin cancer. Skin cancer is the most common cancer in the United States. Sun Protection and Skin Cancer Prevention Methods. Sun Avoidance. Dr. Stevenson says the best time to go outside is in the early morning or late afternoon when the sun isn’t as strong, or to stay primarily in the shade when possible. Since her first diagnosis, Callahan has also been treated for precancerous lesions, an important aspect of skin cancer prevention for people in need of such treatment. Despite being benign, those treatments may leave scars or require surgery. Skin cancer prevention. Follow these tips to protect your skin from the damaging effects of sun exposure and reduce your risk of skin cancer. Follow these tips to protect your skin from the sun’s damaging ultraviolet rays and reduce your risk of skin cancer. Perform regular skin self-exams to detect skin cancer early, when it’s most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding. A tan is a sign that your skin has been injured. Founded in 1998, the National Council on Skin Cancer Prevention has been a trusted resource for the nation’s skin cancer prevention community. Today our member organizations stand united voice to prevent skin cancer through education, advocacy and raising awareness. There are about 5.4 million new cases of basal and squamous cell skin cancers diagnosed each year in about 3.3 million Americans. Learn About Our National Programs. + Join the National Council. Prevention. Sun safety. Tanning beds. Skin cancer is the most common cancer in the United States. About 1 in 5 Americans will develop it at some point in their lifetime. Although you may not be able to completely prevent skin cancer, there are steps you can take to help reduce your risk for getting it. What causes skin cancer? Did you know that your skin is the largest organ in your body? It has many layers that protect you against sunlight, heat, cold, injury, and many types of infection.