

SKIN CANCER PREVENTION RECOMMENDATIONS

1. SUN PROTECTION

- Avoid the sun from the hours of 10am-2pm
- Wear UPF (built-in sunscreen) clothing, wide-brim hats, and swim wear. We recommend Coolibar, Athleta, or Cabana Life.
- Use a **daily** SPF of 30 or greater with zinc oxide
- For activities in direct sunlight (outdoor sports, vacations, etc), wear highest SPF available containing zinc. Don't forget to reapply after 90 minutes!

Recommended Sunscreens:

Daily: eltaMD Clear (not water resistant), eltaMD Physical or UV Elements (water resistant)

Outdoors: eltaMD Pure, eltaMD Sport, eltaMD Spray, eltaMD Aero, SkinBetter Sunscreen Stick, Neutrogena Age Shield or Blue Lizard Sensitive

2. ORAL SUPPLEMENTS

Heliocare Advanced:

Sold at dermatology offices. Polypodium leucotomos (derived from an Australian fern) and nicotinamide are used to reduce skin cancers and precancers, while also preventing free radical damage from the sun. Take 2 capsules every morning.

OR

Nicotinamide:

Over the counter. This is a non-flushing form of Vitamin B3 that decreases skin cancers and precancers by 20-25% with no side effects. Take 500 mg by mouth twice a day.

3. REDUCTION OF PRE-CANCERS

- **Photodynamic therapy (also known as PDT or blue light)**
In-office treatment. Billed to insurance.
- **Topical creams, such as 5-fluorouracil**
Prescription

4. HISTORY OF MELANOMA?

Studies have shown evidence of preventing future occurrences with a daily dose of a Vitamin D supplement 1000-2000 IU/day.