Preventing Skin Cancer

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Matthew] I’m Matthew.

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[Matthew] When I was younger, skin protection was an afterthought. It was a lot like eating right. I would tell myself that I could eat whatever I wanted, because I would eat better tomorrow. In the same way, I would promise myself that I would do a better job of covering up or protecting my skin in the future after staying out in the sun too long. But the bad news is that the damage to your skin—and the risk of skin cancer—doesn’t go away. It adds up over time. So, what I’ve learned is that if the first time I think about protecting my skin is when I’m already outside, then it’s much harder to cover up. I don’t have my sunscreen. I probably forgot my wide-brimmed hat. And because of my light skin, I’m tempting a sunburn. What I do now is keep handy the things I need to protect my skin. I keep sunscreen in my backpack and briefcase. I keep a wide-brimmed hat with me. The more I prepare, the easier it is.

[Announcer] Learn more at cdc.gov/cancer.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.