

save your skin
FOUNDATION



saveyourskin.ca

Protect & Check



STAY IN THE
SHADE
BETWEEN
11AM & 4PM



COVER UP
WITH LONG
SLEEVES
AND PANTS



WEAR
SUNGLASSES
WITH 100% UV
PROTECTION



WEAR A
BROAD
BRIMMED
HAT



USE
SUNSCREEN
WITH MIN.
SPF 30

Protect Yourself

Skin cancer is strongly linked to overexposure to ultraviolet (UV) rays from the sun or sunbeds.

Save the Skin You're In

Most skin cancers can be found early with skin exams. Perform a monthly skin exam following the "A B C D E F G" warning signs. Early detection of skin cancer can be a life saver.

Ocular Melanoma (OM)

OM is a rare and serious cancer of the eye. When detected early, it can be treated successfully.

Get Your Eyes Checked

Dilated eye exams are the best way to detect OM early on. Make it a habit to see your ophthalmologist every year.

ocumel canada



AN INITIATIVE OF
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