

## Mayo Clinic Minute: Importance of skin checks for people with darker skin

	<p>Skin cancer can be disfiguring or even deadly, which is why early detection and treatment is so important.</p>
<p><b>NAIARA BARBOSA, M.D.</b> <b>DERMATOLOGY</b> Mayo Clinic</p>	<p>"Darker skin individuals have a much lower chance of skin cancers. However, they have more complications from those cancers because often they are not diagnosed promptly."</p>
	<p>With increased sun exposure comes a greater risk of skin cancer, and there are simple things you can do to protect your skin.</p>
	<p>"Using sunscreen, we usually recommend SPF 30 or higher, making sure to reapply the sunscreen, especially if you're going to be outside every two or three hours."</p>
	<p>It is also important to cover your skin with clothing, a hat or seeking shade during hours of peak sun.</p> <p>Skin cancer can present differently in different people, such as melanoma under a fingernail or toenail, which is why regular skin checks are a must.</p>
	<p>"Once a month or every other month, you should try to look at your whole skin and see if there's anything that looks unusual or that might be changing."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>