

## I want to take extra precautions in the sun – what can I do?



I love spending time outdoors but I'm afraid of getting skin cancer (even though I use an SPF). What are some of the things I can do to make sure I'm covered?

Dr Maureen Allem from Skin & Body Renewal responds:

“It is so great to hear someone being conscious and intentional about skin cancer prevention. The fact is that you need to take as many precautions as you can in order to prevent this, bearing in mind that some people are more predisposed to this than others.

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/i-want-to-take-extra-precautions-in-the-sun-what-can-i-do>