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Protecting Your Skin From the Sun [1]

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Warmer weather often means more time is spent outdoors in the sun. However, it is important to remember a few simple steps to reduce exposure to the sun's harmful rays, called ultraviolet or UV rays, because UV exposure is the leading cause of skin cancer.

Links:

[1] <http://www.cancer.net/blog/podcasts/protecting-your-skin-sun>

[2] http://www.cancer.net/sites/cancer.net/files/protecting_your_skin_from_the_sun.mp3