**Skin Cancer**

Overexposure to UV radiation is the main cause of skin cancer. UV rays can trigger the development of skin cancer by creating changes in the cells of the skin.

Tans and sunburns are both signs that UV rays have directly damaged the skin. UV rays also cause skin cancer indirectly by weakening the immune mechanisms in the skin and the rest of the body.

**There are three types of skin cancer:**

**Malignant Melanoma:** can be fatal if not treated early.

**Basal Cell Carcinoma and Squamous Cell Carcinoma:** these tend to develop later in life on areas of skin that have been exposed repeatedly to the sun, such as the face, neck, or hands. They progress slowly and rarely cause death because they usually do not spread to other parts of the body.