

Clinical Summary: Behavioral Counseling to Prevent Skin Cancer

Population	Young adults, adolescents, children, and parents of young children with fair skin type	Adults older than 24 years with fair skin type	Skin self-examination in adults
Recommendation	Counsel about minimizing exposure to UV radiation. Grade: B	Selectively offer counseling about minimizing exposure to UV radiation. Grade: C	No recommendation. Grade: I (insufficient evidence)

Risk Assessment	Ultraviolet radiation exposure during childhood and adolescence increases risk of skin cancer later in life, especially when more severe damage occurs. Persons with fair skin type (light hair and eye color, freckles, those who sunburn easily) are at increased risk of skin cancer. Persons who use tanning beds and those with a history of sunburns or previous skin cancer are also at greatly increased risk of skin cancer. Other factors that increase risk include an increased number of nevi (moles) and atypical nevi, family history of skin cancer, HIV infection, and history of receiving an organ transplant.
Behavioral Counseling Interventions	Behavioral counseling interventions target sun protection behaviors to reduce UV radiation exposure, including use of broad-spectrum sunscreen with a sun-protection factor of 15 or greater; wearing hats, sunglasses, or sun-protective clothing; avoiding sun exposure; seeking shade during midday hours (10 am to 4 pm); and avoiding indoor tanning use.
Other Relevant USPSTF Recommendations	The USPSTF has issued a recommendation on screening for skin cancer in adults.

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <https://www.uspreventiveservicestaskforce.org>.