

## 7 Ways to Prevent Skin Cancer

Planning to lay out on the beach this summer? You may want to reconsider.

By Samantha Costa

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### 4. Avoid tanning beds.

The radiation from indoor tanning beds is sometimes stronger than radiation from the sun. This can cause skin cell mutations, explains Dr. Gary Goldenberg, assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai. "Once cells are mutated, they continue to grow into tumors that are cancerous. Wrinkles are caused by damaging the epidermis – the outer layer of the skin – and the dermis – the middle layer of the skin," he says. "The skin becomes thin, wrinkled and can look sullen from years of sun exposure."

