

# Protect Your Feet from the Sun

Many people don't think about their feet when applying sunscreen, but the skin on your feet is highly susceptible to melanoma and other forms of skin cancer.

Keep your feet safe from the sun and follow these tips from the American College of Foot and Ankle Surgeons.



## USE SUNSCREEN ON YOUR FEET

Lather up with sunscreen from head to toe—literally—when at the pool or beach to protect your skin from the sun's harmful rays. Make sure to apply to both the top and bottom of your feet.



## CHECK YOUR FEET

Regularly look at your feet and toes for symptoms of skin cancer, such as abnormal-looking moles or freckles anywhere on the foot—even under toenails and on the soles of your feet. If you notice any spots that change in size or shape or anything suspicious, promptly schedule an appointment with your foot and ankle surgeon.

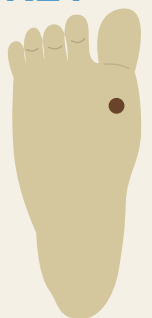


## RISK FACTORS

Risk factors may be similar to other skin cancers, such as excessive unprotected time in the sun, family history and fair skin. However, it's important to remember that even those considered at low risk for skin cancer can develop melanoma on their feet.

## EARLY DETECTION IS KEY

If you find abnormal moles or areas of pigmented skin, schedule a visit with your foot and ankle surgeon right away. Early detection and treatment could help save your life.



For more health information and tips, visit [FootHealthFacts.org](http://FootHealthFacts.org)—the patient education website of the American College of Foot and Ankle Surgeons.



American College of  
Foot and Ankle Surgeons®

*Proven leaders. Lifelong learners. Changing lives.*