

# It's never too late to reduce your risk of melanoma

Remember this pro tip



## Wider is better

Broad-brimmed hats designed for golf stay on and protect areas most prone to melanoma – your ears, neck and face.



Protect your skin  
from the sun.



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## Extend your arm protection

Sun sleeves and long-sleeved tops designed for golf protect your arms without overheating or hindering your swing.



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## Follow through with sunscreen

SPF  
30

1. Apply to all exposed skin before you go out
2. Reapply in 2 hours, so around the 10th tee



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