



## **Skin Care Warning: How Smart Skincare Can Protect Against Skin Cancer**

*Skincare News tells readers how to be smarter about their skin care routines.*

Sacramento, CA, February 27, 2007 --([PR.com](http://PR.com))-- Skin care is a vital part of keeping a healthy body and mind. But one scary possibility is always around the corner: skin cancer.

Skincare-News.com's latest article, "Be Smart With Your Skincare - It Might Save Your Life," continues to promote awareness of this terrible condition.

<http://www.skincare-news.com/articles.php?ArtID=267>

No matter how many times it's said, the use of sunblock is crucial in protection: Though obvious, many people neglect the sunblock when it comes to their everyday skincare regime. With SPF being found in more brands of cosmetics, and dermatologists all over the Internet insisting upon the importance of blocking out those UVA/UVB rays, it's a wonder that we are going outside at all! However, the harsh reality is that many people feel as if just a bit of sun exposure won't make a difference in the way that their skin looks and feels.

Quite honestly, not only does it impact your outward appearance, but it could be causing internal damage as well.

Making sure you've got the right vitamins and nutrients in your life as also important: Another form of prevention is to include a healthy dose of Vitamin D through a healthy diet. Whether this means taking a vitamin supplement or eating foods rich in this great health booster, Vitamin D is a vital defense in the fight against developing skin cancer.

It's never smart to assume that skin cancer can be easily treated: Outside of the telltale warning signs on your skin, there are not a lot of early symptoms of skin cancer. This is why doctors emphasize the importance of getting your skin checked once a year by a dermatologist, as well as routinely examining your skin on your own.

If you do find something that seems abnormal or new, do not delay. Skin cancer can spread rapidly to other parts of the body, and the longer that you procrastinate, the smaller your chances of survival become.

According to the Skincare News sources, skin cancer will continue to become a threat is people don't begin safer skincare practices. The public is finally starting to become aware that skin cancer isn't anything to mess with but there are those who are still neglecting to properly protect themselves. Luckily, the skin care industry has taken great steps to include sunscreens in their products.

Skincare-News.com covers all skincare and beauty topics from head to toe. Check out these latest articles:

"Skin Care & Beauty Basics - Part 1: Get to First Base... Foundation, That Is"



<http://www.skincare-news.com/articles.php?ArtID=257>

Too many women are intimidated by makeup and skin care. They say practice makes perfect so why not give it a shot? Put your makeup fears aside and check out these tips to help you get the flawless look you've been craving.

“Growing Impatient With the Hands of Time”

<http://www.skincare-news.com/articles.php?ArtID=254>

Do you feel as if you have done everything you can to improve your skincare, and yet you are still battling the years on your skin? Your problem may be solved more simply than you think!

“The Aging Neck...Skincare's Forgotten Frontier!”

<http://www.skincare-news.com/articles.php?ArtID=258>

Ever notice how the older we get the more often we choose a scarf or turtleneck to wear? Let's be honest, we're not doing it to be fashion forward. From now on, let's solve the problem of that aging neck, and not by hiding it behind knit and silk. Read this article and find out a few ways other than plastic surgery to start sporting a firm, beautiful, and glowing neck. Who wants to look like a turkey, when you can look like a swan?

“Skin Care & Beauty Basics - Part 3: How to Be a Powder Puff Girl!”

<http://www.skincare-news.com/articles.php?ArtID=260>

Powder is the finishing touch after applying the rest of your makeup. Read on to see how you can make the most out of the powder you use and learn tips to help you get it right every time.

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SkinCare-News.com is located in Sacramento, California but receives visitors from all around the world. For more information, visit <http://www.skincare-news.com>.

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