

Sun Safety After an Organ Transplant

Reducing your risk of skin cancer

Skin cancers are the most common type of cancer for people who have had an organ transplant. In fact, any person with a solid organ transplant is much more likely to develop skin cancer than the general public.

This risk is increased because of the medicine you must take to prevent your body from rejecting your transplanted organ.

Your chances of getting skin cancer are greater (increased risk) if you have:

- fair skin
- skin that burns easily
- freckled skin
- blue, hazel, or green eyes
- red or blond hair
- a family history of skin cancer
- a personal history of skin cancer

Your chances of getting skin cancer are greater if you are:

- older
- male
- working outdoors or where you are exposed to the sun

It's good to ask questions

If you want to more about this topic, contact:

- The Transplant Clinic, 604-592-0922
- Your family doctor or transplant specialist

To reduce your risk

- Put on sunscreen every day. Use sunscreen with an SPF of 30 or higher.
- Wear long sleeved shirts and long pants.
- Wear a wide brimmed hat.
- Wear sunglasses that have UV protection.
- Try to stay out of the sun between the hours of 10:00 a.m. and 4:00 p.m.

How to use sunscreen

- Put sunscreen on all exposed skin. Don't forget your face, ears, lips, neck, and the back of your hands.
- Men should also put sunscreen on their scalp.
- Read and follow the sunscreen instructions for how often to put sunscreen on.



Check your skin for signs of skin cancer

- Every month, check your skin over your whole body in the mirror.
- Get someone to help you check skin areas that are hard for you to see, such as the back of your neck, or top of your head.
- Take photos of moles and other skin marks. Keep them to compare your skin the next time you check.
- If you notice any changes in your skin, see your family doctor.