Table 3

Important advice to give all patients presenting with actinic keratosis

- Appropriate sunscreen usage: at least SPF 30, with adequate UVA protection
- Photoprotective clothing: broad-brimmed hats, tight-meshed, long-sleeved shirts and trousers, and sunglasses
- Behavioural modification: take particular care about sun exposure in the middle of the day
- Explain the warning signs of malignant change