



Sun Safety Facts & Prevention

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Skin cancer is the most common cancer in the US

- 1 out of 5 Americans
- Mostly due to sun damage
- More common in fair skin
- Each year there are more new cases of skin cancer than breast, prostate, lung and colon cancer combined
- The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes

Types of Skin Cancer

- Basal Cell Carcinoma (BCC): most common, does not spread internally
- Squamous Cell Carcinoma (SCC): second most common, can spread internally (metastasize) but is unlikely
- Melanoma: can be deadly, can spread to other organs (spine, brain, liver, etc)

Melanoma

- ABCDEF criteria
- Asymmetrical
- Border irregular (notched)
- Color variegated: BLACK, brown, blue, red, white
- Diameter greater than 6 mm
- Evolution: changing in color, shape, size
- Funny looking!



A

ASYMMETRY

A = Asymmetry

One half is unlike the other half.



B

BORDER

B = Border

An irregular, scalloped or poorly defined border.



C

COLOR

C = Color

Is varied from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue.



D

DIAMETER

D = Diameter

Melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.



E

EVOLVING

e.g.

E = Evolving

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Melanoma myths

➤ Myth- they are only found on sun exposed areas

Truth- Can be found anywhere!!

➤ Myth- they come from previous moles

Truth- only 1/3 come from a pre-existing mole. Most melanomas are NEW

➤ Myth- I don't go in the sun, so I'm not at risk

Truth- previous sun counts, especially intermittent sunburns in your youth









Warning signs for skin cancer

- Skin growths that grow, change significantly, bleed, are asymmetrical, have irregular borders, variegation in color

Risk factors for skin cancer

- Blonde or red hair
- Blue, green or gray eyes
- Fair skin
- Skin that freckles easily
- Skin that burns easily and does not tan
- Many moles; large moles
- Family members with melanoma

5 or more sunburns
before age 20 may
increase melanoma risk
by 80 percent!



What can you do protect
yourself and your
children?

















Prevention

- Avoid midday sun (10am-4pm)
 - Seek shade if possible
- Avoid tanning salons
- Protective clothing
 - Wide-brimmed hats
 - long sleeves
 - sunglasses
- Sunscreen lotions & lip balm (SPF 30+)
- Extra caution near reflective surface (water, sand, snow)



UV index

UV Index	Protection Steps	UV Strength
UV INDEX 1 UV INDEX 2		LOW
UV INDEX 3 UV INDEX 4 UV INDEX 5	  	MEDIUM
UV INDEX 6 UV INDEX 7	  	HIGH
UV INDEX 8 UV INDEX 9 UV INDEX 10	   	VERY HIGH
UV INDEX 11+	   	EXTREME



Bermuda Cancer and Health Centre
BERMUDA REGISTERED CHARITY #070

Sunscreen lotions

- Use sunscreen with SPF rating of 30 or more
- Broad spectrum UVA/UVB coverage
- Use daily 30 minutes before exposure
- Reapply every 2-3 hours if in the sun



Types of Sunscreen

Chemical Sunscreen

- ❑ Chemicals that work like a sponge on your skin to absorb UV for a set amount of time
- ❑ Needs 10-15 min to absorb into skin to protect from the sun
- ❑ Harder to rub off
- ❑ Common ingredients: avobenzone, oxybenzone, octinoxate

Physical Sunblock

- ❑ Tiny metals that work like aluminum foil to reflect UV away from your skin
- ❑ Protect from the sun as soon as it is applied
- ❑ Better for sensitive / eczema-prone skin
- ❑ Easier to rub off
- ❑ Common ingredients: zinc oxide, titanium dioxide

Summary

- Sunscreen daily (SPF 30)
- Reapply often when outside for long periods of time and after sweating or swimming
- Wear protective clothing, hats and sunglasses
- Avoid peak hours (10am-4pm)
- Check UV index daily (many free apps)
- Yearly skin checks with a dermatologist – more often for fair skin, family history of skin cancer, active outdoor lifestyle
- Self skin checks at home

More information

- www.clearlyderm.com
- 561-353-DERM
- Yearly skin checks!!
- American Academy of Dermatology (www.aad.org)