

Sun Safety Facts & Prevention

Sasha Chediak, D.O. Erika Luceri-Johnson, MPH, PA-C



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

• <u>Basal Cell Carcinoma</u> (BCC): most common, does not spread internally

• <u>Squamous Cell Carcinoma</u> (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

One half is unlike the other half.



B = Border

An irregular, scalloped or poorly defined border.



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

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



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



© 2003 Elsevier - Bolognia, Jorizzo and Rapini: Dermatology - www.dermtext.com



© 2003 Elsevier - Bolognia, Jorizzo and Rapini: Dermatology - www.dermtext.com

cm



Warning signs for skin cancer

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

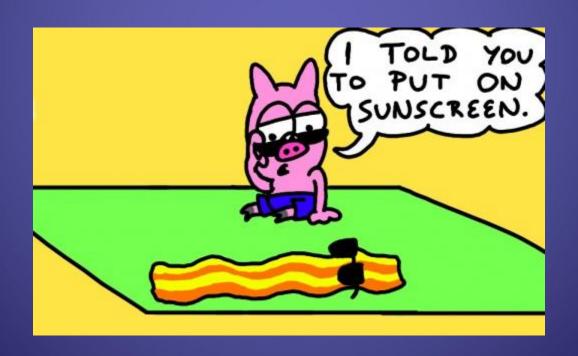
Risk factors for skin cancer

- 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

Protection Steps UV Strength UV Index UV UV LOW MEDIUM HIGH 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 reflects UV away from your skin
- ☐ Protect from the sun as soon as it is applied
- ☐ Better for sensitive / eczemaprone 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)