



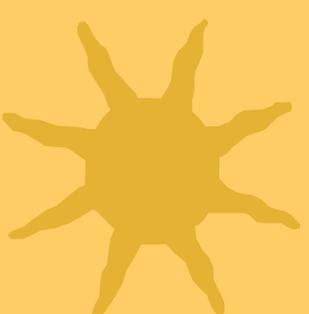
Summer is Too Hot....



- ★ We love to be outdoors in the spring and the summer!!!
- ★ We must take caution and protect our skin....
- ★ May is “Skin Cancer” awareness month..



Skin Cancer



- ★ Most avoidable of all cancers, skin cancer can be almost completely avoided if you protect your skin.
- ★ 1 million skin cancers in the US each year, that's more than cancers of the prostate, breast, lung, colon, uterus, ovaries & pancreas
- ★ On the rise the past few decades, & a direct relation to unprotected skin





Limit Direct Sun Exposure



★ UV rays most intense between 10 am & 4 pm



★ Check UV index in the area



★ If not sure what the UV index is, take the “Shadow Test.” If your shadow is shorter than you, the sun’s rays are the strongest.



Cover Up



★ Wear clothing to protect as much skin as possible



★ Wear long sleeves, long pants when possible



★ Clothing that is tightly woven protects better





USE SUNSCREEN



- ★ Make sure it is SPF 15 or higher (the higher the number the more protection)
- ★ Available as lotions, creams, ointments, gels, sprays & wax sticks
- ★ Apply properly, according to directions, use generously to dry skin 20 to 30 minutes before going out so it has time to absorb into skin, pay close attention to face, ears, hands & arms



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- ★ 1 ounce or a palmful is needed to cover the arms, legs, neck & face of an adult.
 - ★ Reapply every 2 hours if swimming
 - ★ If you or your child burn easy, apply liberally & frequently, & cover up
 - ★ Do not use sunscreen on babies younger than 6 months, cover them up & keep out of the sun



Wear a hat!

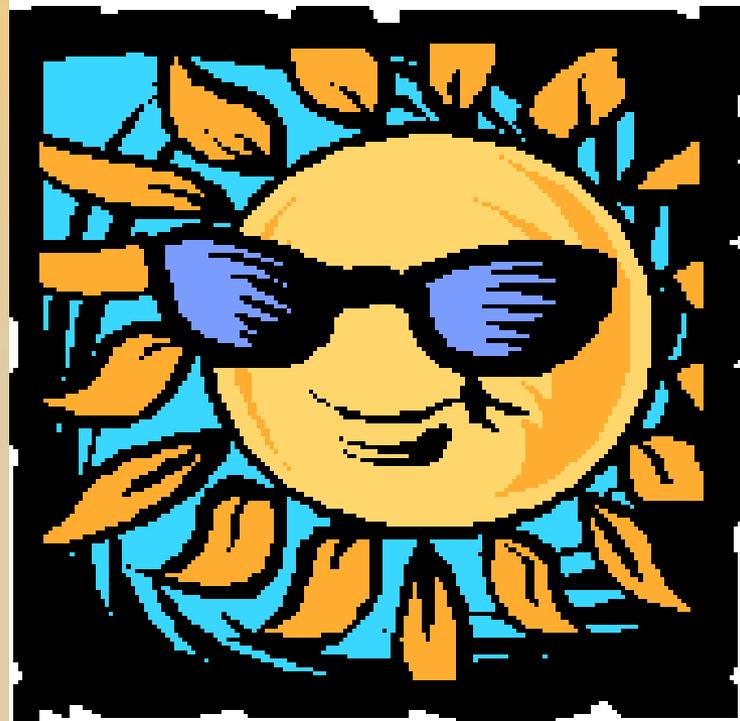
- ★ Make sure it has a brim of 2 to 3 inches, that way it covers the face, neck & ears
- ★ A shade cap works great, (a baseball cap with a back & sides)





Sunglasses are a must

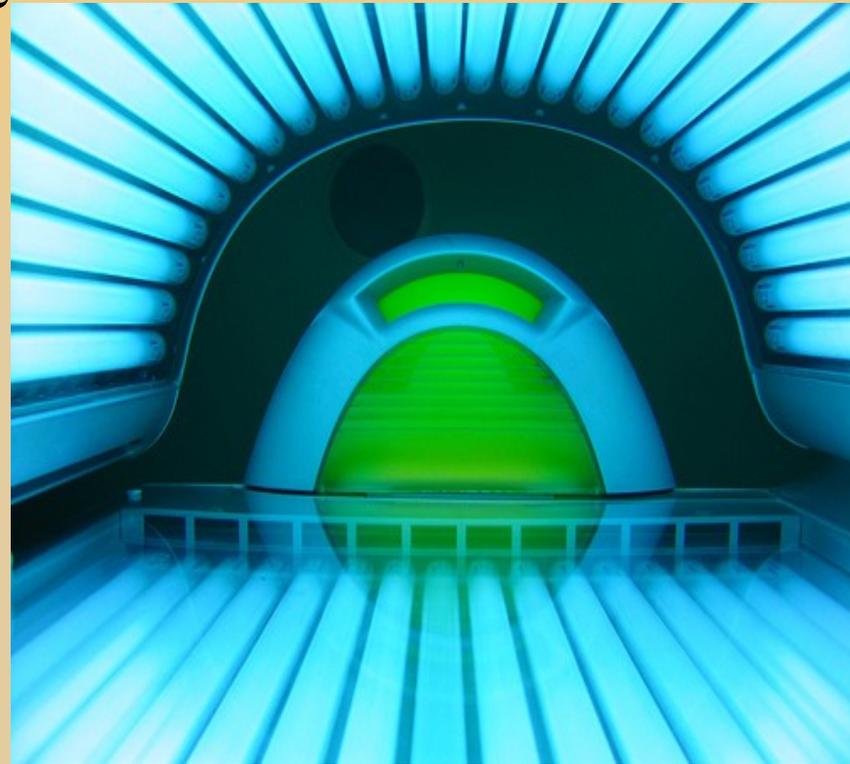
- ★ Research has shown that long hours without sun protection lead to eye disease (such as cataracts)
- ★ Make sure the sun glasses block 99% to 100% of the radiation





Avoid Tanning beds & Sunlamps

- ★ They give out UVA & UVB rays, and can lead to long term skin damage





Skin Cancer



★ 600,000 cases yearly in the U.S.

★ exposure to sun increases incidence



★ early stages can be missed, looking like discoloration or toughening of the skin

★ 3 kinds, basal cell, squamous cell and melanoma





Basal Cell Cancer



- ★ Small pearly white, translucent nodules
- ★ colors vary from white to red w/purplish veins around the border
- ★ center smooth, crusted or bleeding
- ★ sun exposed areas
- ★ must excise or topical chemo or radiation





Squamous Cell Cancer



- ★ Isolated firm, red or reddish brown in color
- ★ scaly, may begin to resemble a small cauliflower
- ★ painless & bleeds easily
- ★ sun exposed areas
- ★ Treatment: excision, radiation, or chemo, more radical if spread to other areas





Malignant Melanoma



- ★ Fair skinned increasing in incidence, related to sun exposure
- ★ asymmetrical, irregular borders & painless
- ★ scaling, scabbing & may bleed
- ★ grows rapidly spreads quickly to lymph nodes, liver, brain & lungs
- ★ survival rate is related to degree of skin & tissue involvement
- ★ Must be aggressive w/ chemo, radiation, excision





Prevention of Skin Cancer - Remember your ABC's!!!!



★ A: Asymmetry-does one half differ from the other half



★ B: Borders-are they irregular



★ C: Color-does it contain colors of white, blue, red, gray, black or brown

★ D: Diameter-has it changed in size or is it larger than a pencil head

★ E: Elevation- has the area become elevated?



Test Yourself...



★ To protect our skin & avoid skin cancer, it is important for us to...

Use Sunscreen w/ SPF of 15 or higher & cover up

Wear a hat & avoid tanning beds

Both answers are correct



★ When applying sunscreen...

Apply every 6 to 8 hours

Apply generously to face, ears, hands & arms

Apply after swimming



Press enter for correct answers!