SKIN CANCER and YOU

#1

Ultraviolet (UV) radiation in sunlight is a major risk factor, even on cloudy days.

Farmers and other outdoor workers get 2-3 times as much UV radiation as indoor workers.

Million people are treated for skin cancer each year in the US.

SKIN CANCER and YOU

New growths ◆ Non-healing sores ◆ Changes in moles

LOOK FOR SKIN CHANGES

ABCDEs of MELANOMA

Melanoma is the most serious form of skin cancer.

Identify warning signs by

A – asymmetry
B – border
C – color
D – diameter
E – evolving

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Broad spectrum (UVA & UVB)

SPF 15 to SPF 30

Apply 20 minutes beforehand

Re-apply every 2 hours

How to Protect Yourself

SUNSCREEN

CLOTHING

Light colored long-sleeve shirt & pants
Sunglasses
Wide brim hat

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Skin cancer is the most common type of cancer in the US; farmers are at higher risk than the average American.

A – asymmetry

One half unlike the other half.

B – border

Irregular, scalloped or poorly defined border.

C – color

Varied from one area to another; shades of tan and brown, black, sometimes white, red or blue.

D – diameter

While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, 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.

Example:

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