SKIN CANCER and YOU

New growths 🔹 Non-healing sores 🔹 Changes in moles

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

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

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

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

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

Look for SKIN CHANGES

HOW TO PROTECT YOURSELF

SUNSCREEN

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

CLOTHING

Broad spectrum (UVA & UVB)
SPF 15 to SPF 30
Apply 20 minutes beforehand
Re-apply every 2 hours

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