

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

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

LOOK FOR SKIN CHANGES

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

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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:


HOW TO PROTECT YOURSELF

SUNSCREEN CLOTHING

Broad spectrum (UVA & UVB)
SPF 15 to SPF 30

Apply 20 minutes beforehand
Re-apply every 2 hours

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