



Hanford Occupational Health Services

SKIN CANCER AWARENESS

Health Education Services

376-3939

Skin Cancer Awareness



- ◆ Skin cancer is the uncontrolled growth of abnormal skin cells
- ◆ There are three major types of skin cancer
 - basal cell carcinoma,
 - squamous cell carcinoma and
 - Melanoma, the most serious of all skin cancer.
 - Although melanoma accounts for about 5% to 6% of skin cancer diagnoses, it accounts for approximately 75% of deaths from skin cancer.

Who is at risk?

- ◆ Sunburns during childhood
- ◆ Light-skinned people
- ◆ People with red or blond hair
- ◆ People who burn and/or freckle easily
- ◆ Risk increases with age due to more exposure



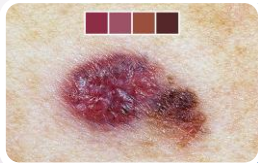
The ABCs of Skin Cancer Detection



A=Asymmetry



B=Border



C=Color



D=Diameter

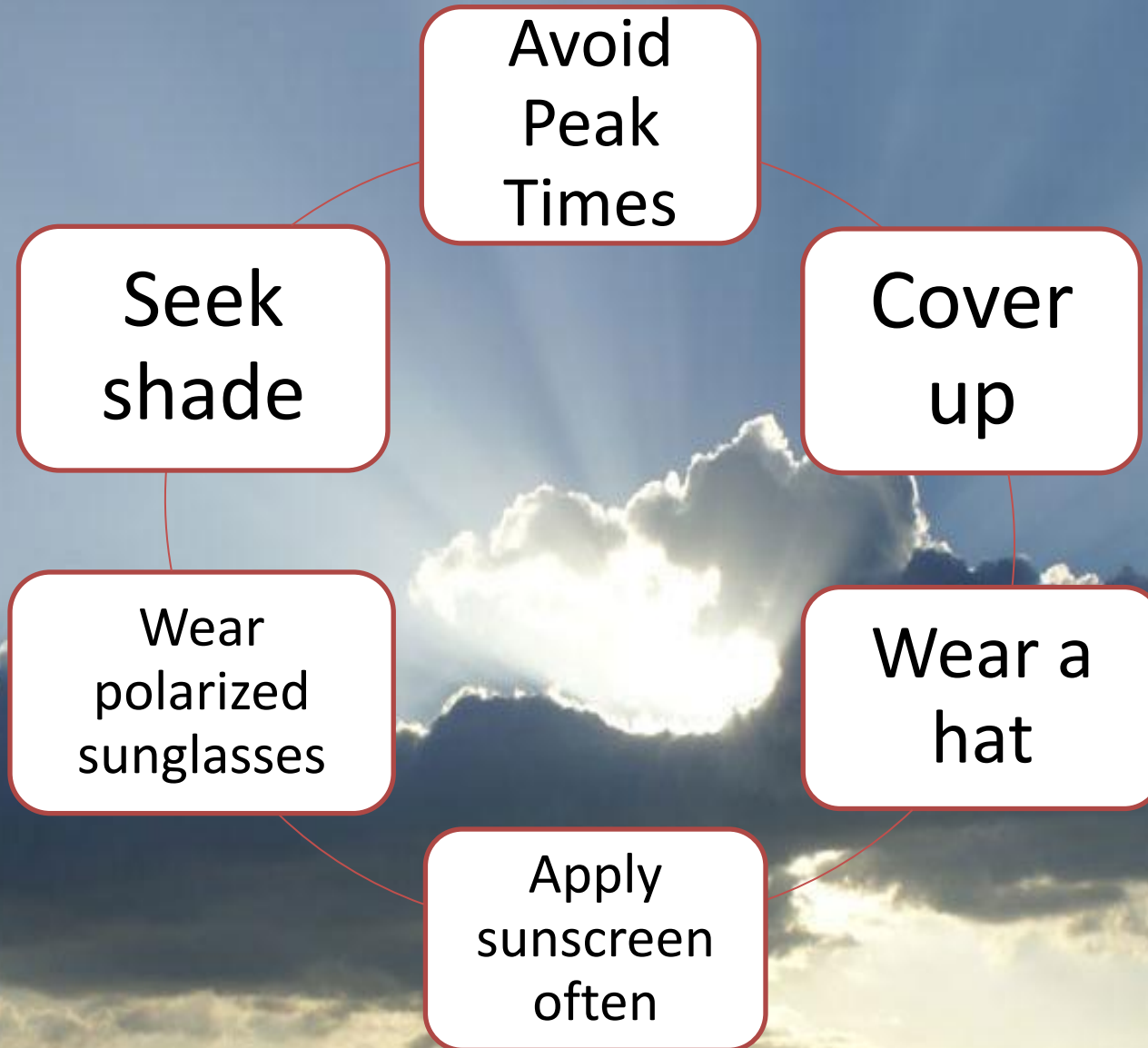


E=Elevation

Skin Cancer Screening

- ◆ *Early detection* increases the chance that skin cancer can be successfully treated.
- ◆ Monthly *self checks* can be useful in noticing changes in skin.
- ◆ *Changes or suspicious* looking areas should be reported to a doctor.
- ◆ *Biopsies* provide the opportunity to study the suspicious area for cancer cells.
- ◆ Regular *skin checks by a doctor* are recommended for those who have had skin cancer.

Prevention...



Sunscreen and SPF

- ◆ Sunscreen/block protects against **UVB** rays, which are the type of UV rays that cause sunburns.
- ◆ **UVA** is the type of rays that cause damage to deeper layers of skin and can lead to skin cancer. It is not blocked as well by certain types of sunscreens.
- ◆ To protect your skin from both UVA and UVB, select a sunscreen with SPF* 15 or higher, with zinc oxide or titanium dioxide.

**sun protection factor*

Decorative wavy lines in shades of red, yellow, and grey at the bottom of the slide.

Sunscreen and SPF

- ◆ Apply sunscreen 30 minutes prior to being in the sun.
- ◆ Reapply every 2 hours, or more often if you're in the water or sweating heavily.



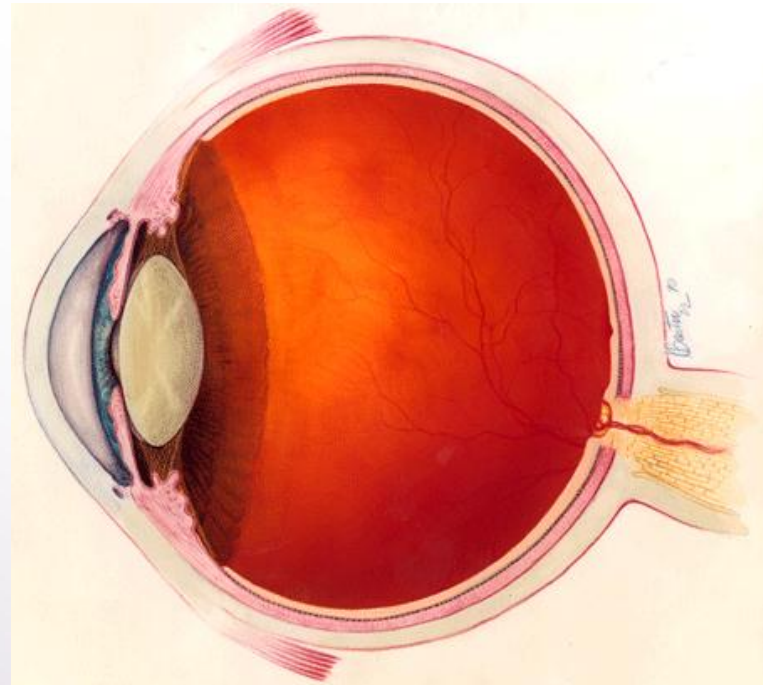
Sunburn treatment

- ◆ Take anti-inflammatory medication,
- ◆ Apply cold compresses
- ◆ Apply a moisturizing cream, aloe vera lotion or hydrocortisone cream to affected skin.
- ◆ If blisters form, don't break them.
- ◆ Drink plenty of fluids.
- ◆ Treat peeling skin gently.



Eye safety

- ◆ UV rays can damage the eye, which can lead to cataracts and resultant cloudy vision.
- ◆ Polarized sunglasses can protect your delicate eye tissue from UV rays.





The Sunwise Program

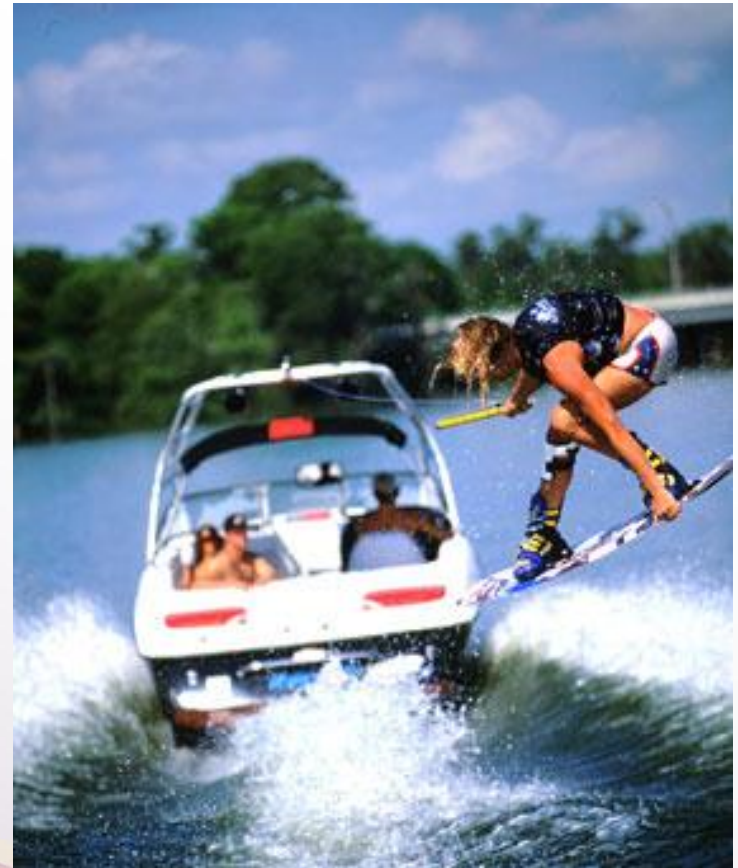
www.epa.gov/sunwise



Exposure Category	Index Number	Sun Protection Messages
LOW	<2	<p>You can safely enjoy being outside. Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 15+.</p> <p>In winter, reflection off snow can nearly double UV strength.</p>
MODERATE	3-5	<p>Take precautions if you will be outside, such as wearing a hat and sunglasses and using sunscreen SPF 15+. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.</p>
HIGH	6-7	<p>Protection against sun damage is needed. Wear a wide-brimmed hat and sunglasses, use sunscreen SPF 15+ and wear a long-sleeved shirt and pants when practical. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.</p>
VERY HIGH	8-10	<p>Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade.</p> <p>Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.</p>
EXTREME	11+	<p>Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade.</p> <p>Beachgoers should know that white sand and other bright</p>

UV Index

- ◆ Other factors that affect UV radiation are
 - low levels of cloud cover,
 - pavement,
 - water,
 - snow,
 - sand,
 - elevation,
 - proximity to the equator



Occupational exposure

- ◆ People who work outside receive **6 to 8 times** the dose of UV radiation that indoor workers receive.
- ◆ Prevention measures in occupational settings are a must.





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Thank you!

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