**SUMMER SUN PROTECTION!**
Your skin deserves the best – treat it well!

**HOW DO I PROTECT MYSELF?**

Seek SHADE!
Not only is it cooler, it prevents sunburn. It is **impossible** to get a safe tan!

Wear protective clothing
Long sleeves and pants protect you best
Don’t forget wide brimmed hats and sunglasses – ears and your eyes can get sunburned!

Use and REAPPLY SPF30+
SPF 15 isn’t enough! Apply SPF30+ LIBERALLY on your skin and lips! And REAPPLY every 90 mins. **REDUCES YOUR RISK OF MELANOMA BY HALF**

Examine your skin
Check your back, front, arms, backs of hands, and use a mirror to look at the backs of your legs and feet, neck, and buttocks.

**RECOGNIZING SKIN CANCER**

Skin cancer is best handled when found and treated EARLY, so we want to help you recognize early signs so you can get to the doctor and treat it early!

There are **3 main types of skin cancer** we worry most about

- **Basal cell carcinoma**
  Slow growing, rolled edges, central ulcer

- **Squamous cell carcinoma**
  Scaly red patch or open sore, can start looking like dry, red skin

- **Malignant melanoma**
  Asymmetrical, irregular borders, multi-colored or very dark, larger than a pencil eraser, evolves in size/color

**MAJOR TYPES OF SKIN CANCER**

Skin cancer is scary. The best approach is not to get it in the first place! So cover up in the sun!

But, the more you know about skin cancer, the better you can protect yourself

- **Basal cell carcinoma**
  Most common type of skin cancer
  Due to long-term sun exposure
  HIGHLY TREATABLE, especially caught early

- **Squamous cell carcinoma**
  2nd most common type of skin cancer
  Due to long-term sun exposure
  Can start as Actinic Keratosis, looks like dry skin/bump, often appears on LIPS
  TREATABLE when caught early

- **Malignant melanoma**
  3rd most common type of skin cancer
  MOST DANGEROUS
  Due to sunburns, especially blistering
  (1 blistering burn in childhood = 2x melanoma risk)
  Can begin suddenly, from an old mole, or in eye
  More common in people with many moles, fair skin, blue eyes, light hair, who can’t tan
  If you notice a dark, odd mole, see Dr. ASAP

Examine your skin Check your back, front, arms, backs of hands, and use a mirror to look at the backs of your legs and feet, neck, and buttocks.

**SUMMER SUN PROTECTION!**

Your skin deserves the best – treat it well!
FUN IN THE SUN!

KNOW YOUR ABCDE’S!

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ACROSS
1. What you seek to best protect your skin
2. The E in ABCDE
3. Minutes until your next sunscreen application
4. Skin tone most at risk for melanoma
5. Who to see when you have an abnormal mole
6. Height of sun strength
7. Symmetry
8. Most common kind of skin cancer
9. Most dangerous skin cancer type
10. How to get a safe tan
11. Often forgotten place for sun damage

DOWN
1. Sun tone most at risk for melanoma
2. Baseball hats don’t protect these from the sun
3. Minutes until your next sunscreen application
4. How to get a safe tan
5. What is the minimum protection you should wear?

Sources: aad.org; aafp.org; skincancer.org; NEJM.org

FUN IN THE SUN!

FAQs

When is the sun strongest?
- Stay out of the sun between 10am and 3pm

What do I do if I am worried about a mole?
- Call your family doc or dermatologist immediately! We want to hear from you!

Doesn’t a base tan protect me?
- NO TAN OR COLOR CHANGE IS SAFE! It is all an indication of sun damage

Can’t I use tanning beds to get Vitamin D?
- Tanning beds are especially risky (75% melanoma risk). NEVER TAN!

ABCDE’S OF MELANOMA

Keep these in mind when doing self-exams and call your doctor if you notice any of the following signs

Asymmetry

Borders that are irregular

Color variations inside

Diameter larger than pencil eraser

Evolution or changing size/shape

Sources: aad.org; aafp.org; skincancer.org; NEJM.org

AND DON’T FORGET:
SUN DAMAGE CAUSES SKIN AGING!
Without SPF30+ or seeking shade, you can see the damage sun does to your skin over time:
Truck driver who sat with this side to window

 histo