

Skin Cancer Awareness



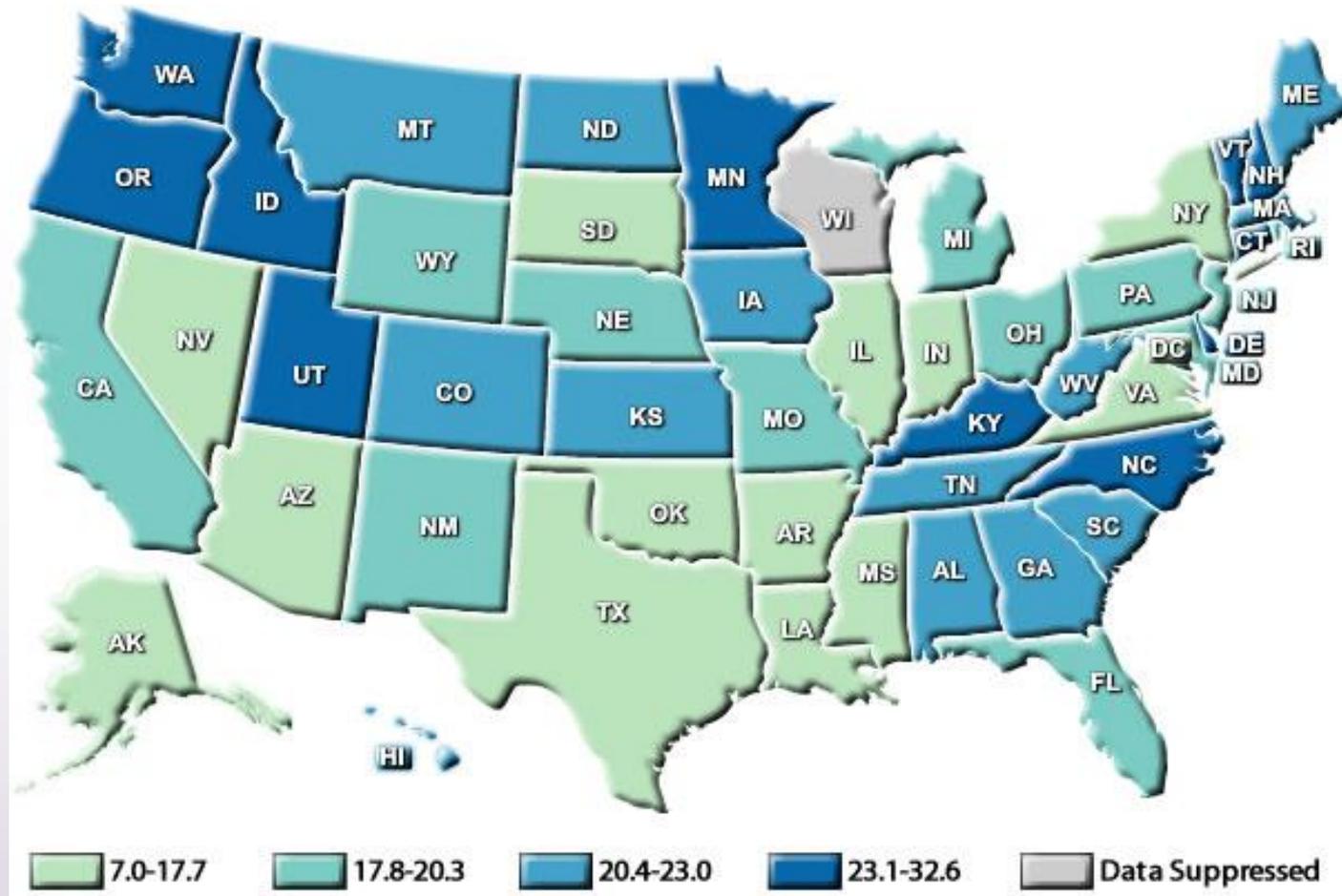
Occupational Health and Wellness
omchew@rl.gov or 376-3939

What is skin cancer?

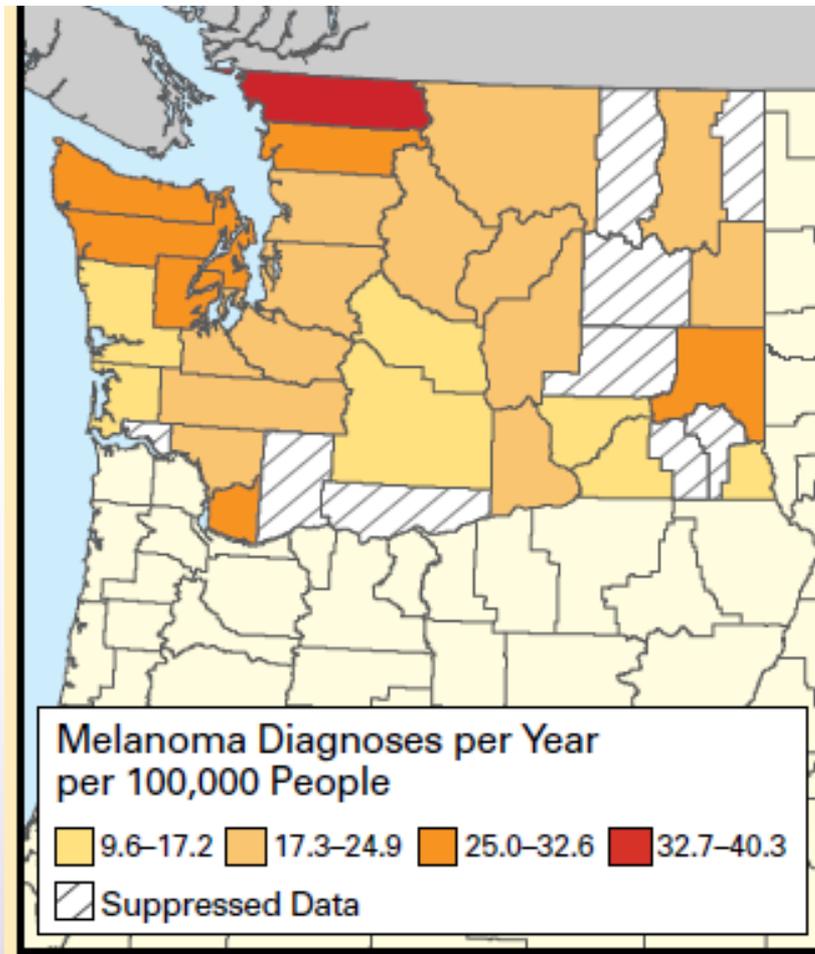
- ◆ Skin cancer is the uncontrolled growth of abnormal skin cells

- ◆ There are three major types of skin cancer
 - Basal cell carcinoma
 - Squamous cell carcinoma
 - 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.

Melanoma Incidence Rates per 100,000 (US)

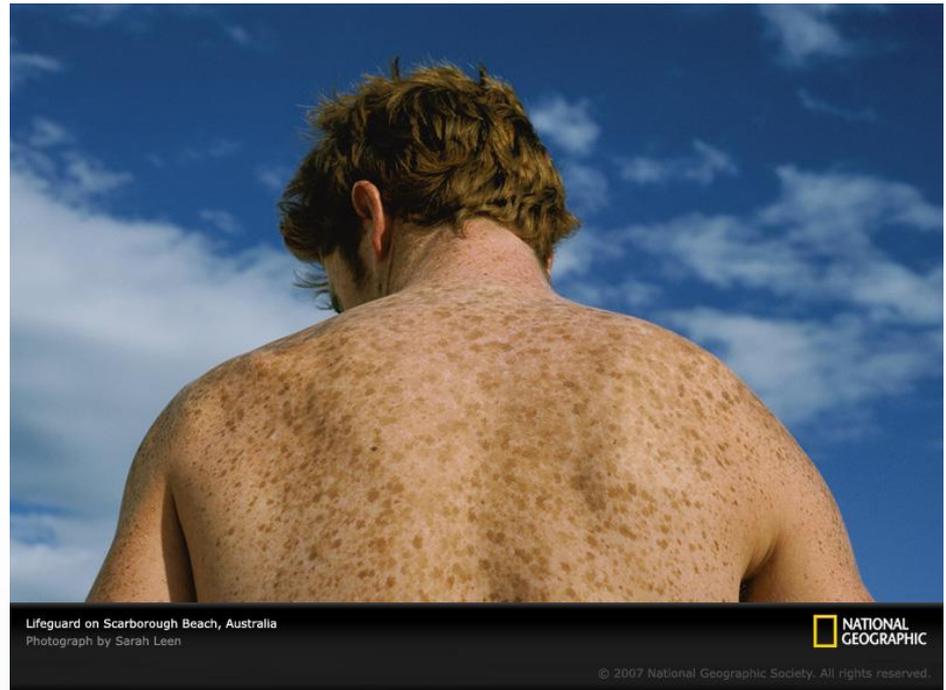


Melanoma Incidence Rates per 100,000 (WA)



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



Lifeguard on Scarborough Beach, Australia
Photograph by Sarah Leen

What does it look like?



A=Asymmetry



B=Border



C=Color



D=Diameter



E=Elevation

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

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

UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11⁺
<p>No Protection Required</p> <p>You Can Safely Stay Outside!</p>	<p>Protection Required</p> <p>Seek shade during midday hours!</p> <p>Slip on a shirt, slop on sunscreen and slap on a hat!</p>					<p>Extra Protection</p> <p>Avoid being outside during midday hours!</p> <p>Make sure you seek shade!</p> <p>Shirt, sunscreen and hat are a must!</p>				

UV INDEX FORECAST

Issued: 1200 UTC June 03, 2013 - Valid: Solar Noon on: June 4, 2013

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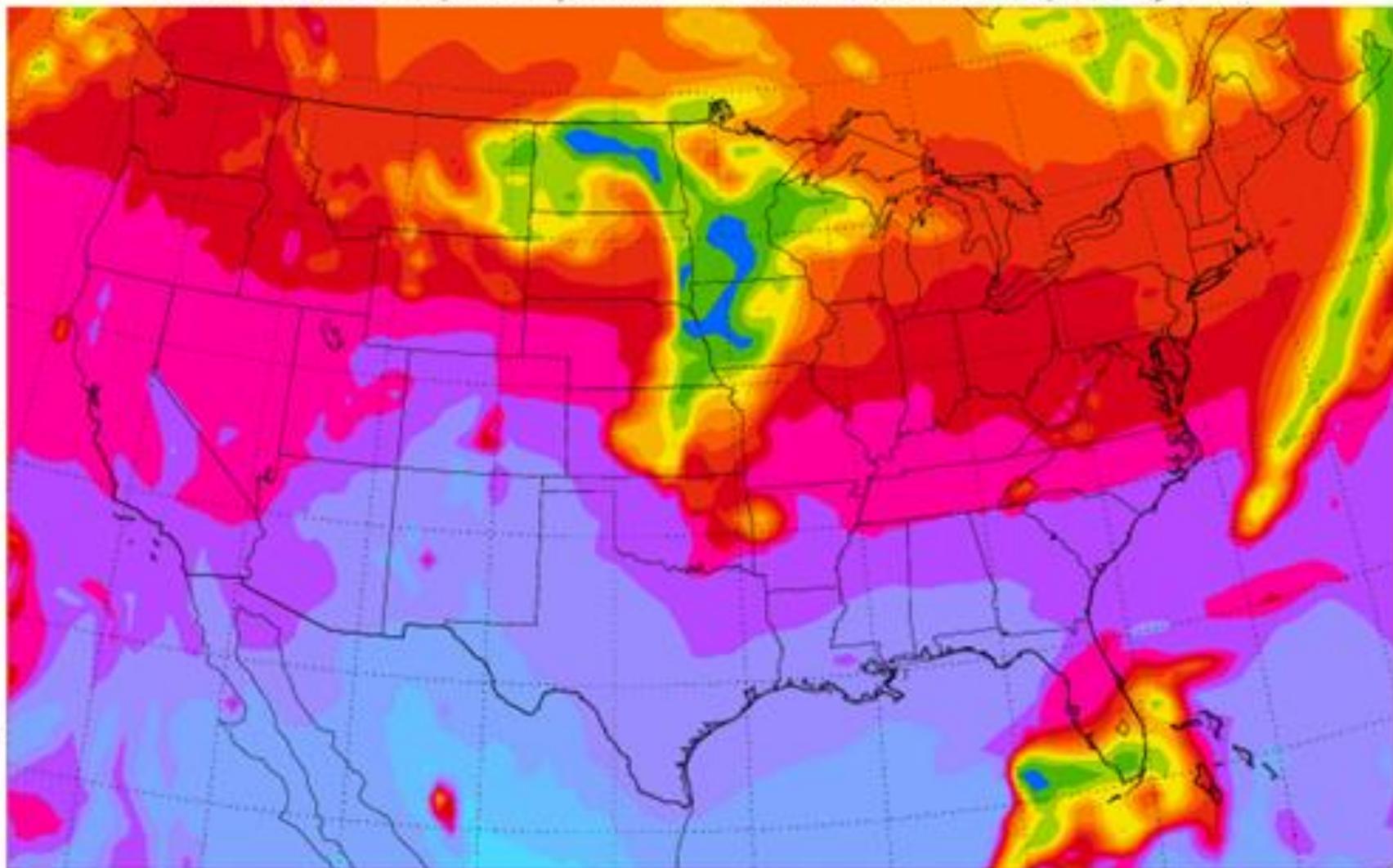
45N

40N

35N

30N

25N



120W

115W

110W

105W

100W

95W

90W

85W

80W

75W



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.



HPMC OCCUPATIONAL
MEDICAL SERVICES

Thanks!

HPMC OMS Health and Wellness
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