Sun Safety
Objectives

1. Sun safety statistics

2. Risk of not practicing sun safety/Risk Factors for Skin Cancer

3. How to protect skin/sun safety practices
Skin cancer statistics - diagnoses and deaths

- Skin cancer rates, including rates of melanoma, are increasing in the United States and worldwide.

- An estimated 3.7 million cases of basal and squamous cell carcinomas and about 60,000 cases of melanoma are diagnosed in the U.S. annually, with approximately 8,500 deaths from melanoma.

- More than one-third of U.S. adults aged 18 and older report experiencing one or more sunburns in the past 12 months, and sunburn is even more common among younger adults.

- Only 10.8% of U.S. high school students report wearing sunscreen with SPF of 15 or higher most of the time or always when outside for more than one hour on a sunny day.
Risk of not practicing sun safety/ Risk factors for skin cancer

Exposure to UV radiation has long been recognized as the most important environmental risk factor for melanoma

- Fair skin
- A history of sunburns
- Excessive sun exposure
- Sunny or high-altitude climates
- Moles
- Precancerous skin lesions
- A family history of skin cancer
- A personal history of skin cancer
- A weakened immune system
- Exposure to radiation
- Exposure to certain substances
UV Radiation

• **How Does UV Radiation Affect My Skin? What Are the Risks?**

UV radiation, a known carcinogen, can have a number of harmful effects on the skin. The two types of UV radiation that can affect the skin—UVA and UVB—have both been linked to skin cancer and a weakening of the immune system. They also contribute to premature aging of the skin and cataracts (a condition that impairs eyesight), and cause skin color changes.

*80% of sun damage happens between the ages of 18 and 22.*

• **UVA Rays**

• **UVB Rays**
Risk of not practicing sun safety/ Risk factors for skin cancer

Get annual check-ups at the dermatologist

Moles:

☐ Watch for changes:

• **A** is for asymmetrical shape. Look for moles with irregular shapes, such as two very different-looking halves.

• **B** is for border. Look for moles with irregular, notched or scalloped borders.

• **C** is for color. Look for growths that have changed color, have many colors or have uneven color.

• **D** is for diameter. Look for new growth in a mole larger than 1/4 inch (about 6 millimeters).

• **E** is for evolving. Watch for moles that change over weeks or months.
Prevention: How to protect your skin/ Sun Safety Practices

• Limit your time in the sun.
• Use sunscreen.
• Reapply sunscreen.
• Wear protective clothing.
• Drink plenty of liquids, especially if it’s hot outside.
Prevention: How to protect your skin/ Sun Safety Practices

- Shade
- Clothing
- Hat
- Sunglasses
- Sunscreen
  - How sunscreen works
  - SPF
  - Reapplication
  - Expiration Date
  - Cosmetics
How Sunscreen Works

How Do Sunscreens Work? What Is the Sun Protection Factor (SPF)?

- Sunscreens protect your skin by absorbing and/or reflecting UVA and UVB rays. The FDA requires that all sunscreens contain a Sun Protection Factor (SPF) label. The SPF reveals the relative amount of sunburn protection that a sunscreen can provide an average user (tested on skin types 1, 2, and 3) when correctly used.

- Sunscreens with an SPF of at least 30 are recommended and the best to wear.

- “Broad-spectrum” sunscreens are highly recommended.
Sun Safety

Is a Suntan Healthy?

There is no such thing as a healthy suntan. Any change in your natural skin color is a sign of skin damage. Every time your skin color changes after sun exposure, your risk of developing sun-related ailments increases.

Will Sun Protection Deprive Me of Vitamin D?

Most people get an adequate amount of vitamin D in their diets. If you are concerned about not getting enough vitamin D, consult your physician and consider taking a multivitamin supplement and consuming foods and beverages fortified with vitamin D daily.\(^8\)

Are Tanning Lotions Safe?

The FDA considers it an important public health issue that users of sun-tanning products be told when the products do not contain a sunscreen and thus, do not protect against sunburn or other harmful effects to the skin.
VITAMIN D

• Important for bone health
• Vitamin D regulates the level of serum calcium and bone re-absorption
• Vitamin D may be important for prevention of:
  • Cancers, high blood pressure, respiratory illnesses and improves your immune system
• Vitamin D Food Sources: fortified milk and soy beverages, fatty fish (salmon, tuna, sardines), fortified OJ, fortified breakfast cereals, small amount in eggs
Thank you.

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