



SKIN CANCER and YOU



#1
Skin cancer is the most common type of cancer in the US; farmers are at higher risk than the average American

Ultraviolet radiation (UV) in sunlight is a major risk factor, even on cloudy days

Farmers get **2-3 times** as much UV radiation as indoor workers

1 in 5 Americans will develop skin cancer in their lifetime

More prevalent than breast, prostate, lung, and colon cancers combined

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:

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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



New growths

Changes in moles

Non-healing sores

Look for Skin Changes

HOW TO PROTECT YOURSELF

SUNSCREEN

SPF 30

Broad spectrum (UVA & UVB)

Apply 20 minutes beforehand

Re-apply every 2 hours

CLOTHING

Sunglasses

Light colored long-sleeve shirt & pants

Wide brim hat

MEDICINE

Check your medications

Some may increase your sensitivity to the sun such as:

- NSAIDs
- Antibiotics
- Cholesterol meds
- Antihistamines

