

# Skin Cancer And Farmers

**Outdoor exposure to sun puts farmers at higher risk than the average American of developing skin cancer.**

- 1 in 5 Americans will develop skin cancer in their lifetime
- Farmers get 2-3 times more UV exposure than indoor workers
- Melanoma is the most serious form of skin cancer



## ABCs of Identifying Melanoma

**A-Asymmetry** One half does not look like the other

**B- Border** Irregular or poorly defined border

**C – Color** Varied from one area to the other; shades of tan, brown, black, red, blue, white

**D- Diameter** Diameters > 6 mm (approximately the size of a pencil eraser)

**E - Evolving** A mole or skin lesion that changes in size, shape or color

# Skin Cancer Prevention

## Use sunscreen

- SPF of 30 or more
- Use broad spectrum (UVA & UVB)
- Apply 20-min before going outside
- Re-apply every 2 hours



## Clothing

- Light-colored long sleeve shirts and pants
- Wide brimmed hat to protect face, ears and scalp
- Sunglasses with UV protection



## Check your medicines

- The following might increase sensitivity to the sun, requiring extra protection:
  - Antibiotics
  - NSAIDS (e.g., aspirin, ibuprofen)
  - Cholesterol medications
  - Antihistamines
- Discuss concerns with your healthcare provider



## Look for skin changes

- New growths
- Changes in moles
- Non-healing sores
- Promptly report any unusual skin findings to your healthcare provider

