

Skin Cancer And Farmers

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

- 1 in 5 Americans will develop skin cancer in their lifetime
- Farmers get 2-3 times more ultraviolet light from the sun 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

- Use ones with at least 30 SPF
- Use broad spectrum (UVA & UVB)
- Apply 20-min before going outside
- Re-apply every 2 hours



Wear Appropriate 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
 - Aspirin and 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

