## 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

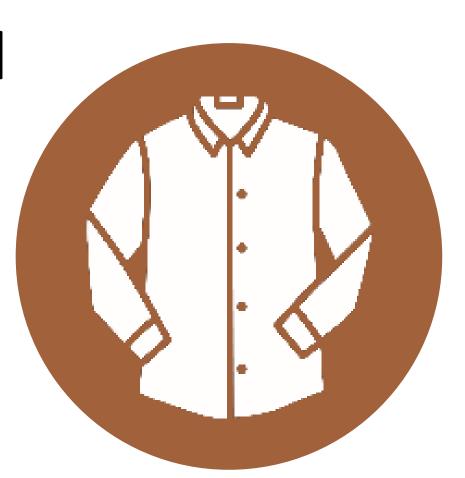
#### Use Sunscreen

- 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





