

## Frequently Asked Questions

**Q: How likely am I to get skin cancer?**

**A:** In the US, one in two men and one in three women will develop non-melanoma skin cancer in their lifetime. These are common: discuss your concerns with your health care provider.

**Q: I ride in a tractor/vehicle. Doesn't the window provide enough protection?**

**A:** Common glass does a good job blocking UVB. Front windshields in cars are treated to also filter out UVA, but other windows are not. Therefore, don't assume your windows are protecting you: *wear sunscreen and protective clothing.*

**Q: I have read that SPF 15 is good enough. Why are you recommending SPF 30?**

**A:** SPF is typically recommended for everyday use when exposures are more incidental. Since farmers spend extended amounts of time outdoors, the Skin Cancer Foundation and other medical specialists recommend a minimum of 30 SPF.

**Q: Do non-whites need to worry about skin cancer?**

**A:** Absolutely. While fewer skin cancers develop in non-white skin, they are diagnosed at MUCH later stages and have worse outcomes. Five-year survival rates for black melanoma patients are 65% but are 91% for white patients. Self-checks and doctor's exams are important for early detection regardless of skin color.



# SKIN CANCER RISKS AND PREVENTION: TIPS FOR FARMERS



**Farmers** spend many more hours working in sunlight compared to indoor workers.

Exposure to ultraviolet radiation (UV) from sunlight over a working lifetime increases your chances of developing skin cancer.

## In the US, Skin Cancer is Common

However, not all skin cancers are the same.

**Basal Cell Carcinoma:** About 90% of US skin cancers are basal cell. The risk of developing this skin cancer increases with total exposure to UV over a lifetime. It grows slowly and rarely spreads.

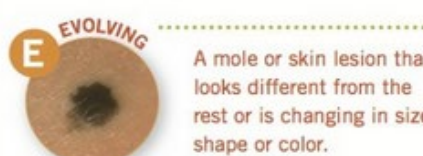
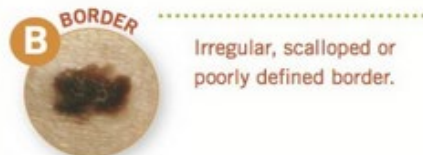
### Skin Cancer Types

**Squamous Cell Carcinoma:** This is the second most frequent type of skin cancer. The risk of developing this type of cancer increases with overexposure and perhaps the number and severity of sunburn events. Keratoses – patches of red/brown scaly/rough skin – may develop into squamous cell carcinomas. These also grow slowly but can spread.

**Malignant Melanoma:** This is the rarest but most aggressive type of skin cancer. The risk of developing malignant melanoma increases with UV exposures. Early identification and treatment is needed to prevent this type of cancer from spreading to other parts of the body.

## ABCDEs of Malignant Melanoma: Warning Signs

Contact your health care provider if you identify any new growths, changes in moles, or non-healing sores that meet these criteria.



**Example:**



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## Protect Yourself with:

### Sunscreen

- Use sunscreen with at least 30 SPF
- Sport sunscreen may work better when sweating
- Select sunscreens that indicate broad spectrum protection (UVA & UVB)
- Apply 20-minutes before going outside: 1 oz (2 tablespoons) over exposed skin
- Re-apply every 2 hours
- Don't forget your hands: reapply after washing them



### Wear Appropriate Clothing

Clothing provides another barrier between you and the sun.

- Light-colored long sleeve shirts and pants protect arms/legs.
- Make sure that potential gaps at your waist and ankles are covered.
- Wide brimmed hats should protect your face, ears and scalp. Many skin cancers appear on the head and face, so both a hat and sunscreen are recommended. Don't forget your ears and nose.
- Wear 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 any concerns about your specific medications with your healthcare provider.