

PROTECTION FROM SKIN CANCER IS A PERSONAL RESPONSIBILITY.

- ☀️ Limit amount of time exposed.
- ☀️ Control time of day exposed.
- ☀️ Exposure to strongest rays usually occurs between 10 a.m. and 4 p.m.
- ☀️ Most damage occurs from sun rays in the summer months.
- ☀️ Use protective barriers:
 - ☀️ Long sleeve shirts
 - ☀️ Wide-brim hat
 - ☀️ Sunscreen with SPF of 15 or higher
 - ☀️ Sunglasses
 - ☀️ Sun canopy or tractor cab
- ☀️ Realize sunburns can still occur on cloudy days and during winter months.



GREATEST RISK OF SKIN CANCER IS FOR PEOPLE WHO:

- ☀️ Burn easily.
- ☀️ Freckle or have a fair complexion.
- ☀️ Have blonde or red hair.
- ☀️ Have sensitive skin.
- ☀️ Have blue or gray eyes.
- ☀️ Have a family history of skin cancer.

It's important to protect skin during the first 18 years of life. Protecting skin early can reduce the risk of getting some types of skin cancer by up to 78 percent.



Alabama Farmers Federation



SKIN CANCER PREVENTION

**BE AWARE AND
KNOW THE SIGNS**

BE SUN SAFE!



THE EARLIER WE START PRACTICING SUN SAFETY, THE LONGER WE WILL KEEP OUR SKIN HEALTHY!

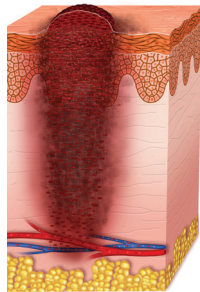
WHY ARE FARMERS AT AN INCREASED RISK FOR SKIN CANCER?

- ☀ Increased amount of time outdoors.
- ☀ Time of day outdoors (10 a.m. to 4 p.m.).
- ☀ Limited use of canopies and cabs.
- ☀ Impractical to wear long-sleeved shirts.
- ☀ Unwillingness to wear sunscreen.
- ☀ Reluctance to wear wide-brimmed hats.



WHAT IS SKIN CANCER?

- ☀ Occurs when healthy skin cells lose their ability to limit and direct their growth.
- ☀ Too much tissue is produced.
- ☀ These damaged skin cells develop the ability to invade healthy skin cells, and tumors form.



THE ABCD'S OF SKIN CANCER

- ☀ **A**symmetry – one half of the area does not match the other half.
- ☀ **B**order – the edges are uneven or ragged.
- ☀ **C**olor – the color is uneven with more than one shade or color present.
- ☀ **D**iameter – any change in size, or if the size is larger than a pencil eraser.
- ☀ **S**ensation – there are changes in the way it feels (itching, dryness, scaling, lumpy, swollen or tender).

WHAT CAUSES SKIN CANCER?

- ☀ **Ultraviolet (UV) Rays** – Produce radiation which can alter DNA in our bodies. Americans receive 80 percent of sun exposure before age 20.
- ☀ **UVA** – Penetrates deep into skin; tangles the DNA; skin does not appear smooth; causes premature aging; increases wrinkles and leathery skin; can affect eyes, causing cataracts and corneal burns.
- ☀ **UVB** – Penetrates skin cells; damages or breaks apart DNA; repeated sun exposure decreases the likelihood that damaged or broken DNA will be repaired; causes redness and sunburns.



TYPES OF SKIN CANCER

BASAL CELL CARCINOMA

- ☀ Waxy skin eruption or scaly patch.
- ☀ Smooth growth with raised border.
- ☀ Could be a smooth bump that crusts over or bleeds.
- ☀ May start as a pimple or sore that doesn't heal.
- ☀ 95 percent cure rate if diagnosed early.
- ☀ Men are three times more likely than women to have basal cell carcinoma.



SQUAMOUS CELL CARCINOMA

- ☀ Scaly patch, small raised bump or tumor.
- ☀ Can spread locally to lymph nodes.
- ☀ 95 percent cure rate if diagnosed early.
- ☀ Often found on head, neck, hands and lips.
- ☀ Men are three times more likely than women to have squamous cell carcinoma.

MELANOMA

- ☀ Mole that has changed shape.
- ☀ Multi-colored dark area on skin (reddish, bluish, brown or black).
- ☀ 50 percent fatality rate.
- ☀ Causes 7,300 deaths per year.
- ☀ Men are twice as likely than women to have melanoma.

