



Be Sun Smart!



DID YOU KNOW?

- Skin cancer is the most common type of cancer.
- 1 in 5 Americans will develop skin cancer in their lifetime.
- Basal cell carcinoma is the most common form of skin cancer and squamous cell carcinoma is the second most common. Both are treatable if caught early on.
- One person dies from melanoma every hour.
- Your risk for melanoma doubles if you have had more than 5 sunburns in your life.
- Ultraviolet radiation is a proven human carcinogenic.

Types of Skin Cancer

Actinic Keratosis (AK): This is a potential pre-cancer that may develop into squamous cell carcinoma if left untreated. These growths are from exposure to ultraviolet radiation and are found in clusters on the skin. They are smaller and recognized by touch instead of sight. AK is mostly found on the face or back of hands.

Basal Cell Carcinoma: This form of skin cancer is the most common. It is more likely to develop in people who have lighter skin and it grows slowly. Basal Cell Carcinoma looks like an open sore, either red or pink in color, and usually bumpy. It is not life threatening and will not spread to other parts of the body if treated right away.

Squamous Cell Carcinoma: This skin cancer forms on the middle and outer layer of the skin. It usually develops due to exposure to the sun for many years. Squamous Cell Carcinoma can grow on any part of the body but women frequently get this cancer on their leg. It is curable with early diagnosis.

Melanoma: This is the most dangerous form of skin cancer. It is caused by ultraviolet radiation from the sun or tanning beds. Skin cells multiply rapidly and then form malignant tumors. When not recognized early on, this cancer can spread to other parts of the body. Melanoma is large, asymmetrical, with an uneven color and irregular border.

Sun-Safety Guidelines

- Try to seek the shade when possible. The sun is said to be strongest between the hours of 10am and 4pm. When you are outside, look down at your shadow. If it is shorter than your height, this means the ultraviolet radiation is stronger at that time.
- Stay away from tanning booths. This UV radiation is cancer causing and people who use tanning booths have a higher risk of developing melanoma, squamous cell carcinoma, or basil cell carcinoma.
- One of the best things you can do is wear protective clothing when out in the sun. Long sleeve shirts and pants are your best option to protect your skin. Also wearing a hat and sunglasses.
- Always wear sunscreen when out in the sun. It's best to use a sunscreen with SPF of 30 or higher. If your clothing is not covering an area of skin make sure to apply the sunscreen there, especially on your face.
- Reapply sunscreen every 2 hours. If you go swimming or are doing activities where you are sweating a lot reapply the sunscreen right after. Applying sunscreen only once will not give you full protection.
- Make sure to examine your skin every month. Check for changes in existing moles or anything that looks suspicious. If you notice a growth that wasn't there before, immediately go to your doctor.

Sunscreen 101

Always pick a sunscreen with a SPF of 30 or higher. This will block most of the sun's ultraviolet rays. You also want to look for a sunscreen that has the word 'broad-spectrum'. This will protect your skin from getting a sunburn as well as premature skin aging. Your sunscreen should also be water resistant. This way it will still protect you when you go swimming or if you are sweating.

Remember to apply every 2 hours. It depends on your personal preference on the type of sunscreen you use. For sprays, they are easy to apply and don't leave your hands greasy but you can't measure how much mist is going on your body compared to cream sunscreens. Always use a cream sunscreen for your face so you are not breathing in fumes from a spray on. One idea is to start with a cream sunscreen and reapply with a spray.

Source: www.skincancer.org
www.aad.org

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Quality of Life*



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