SKIN CANCER and YOU

#1 Skin cancer is the most common type of cancer in the US; farmers are at higher risk than the average American.

Ultraviolet radiation (UV) in sunlight is a major risk factor, even on cloudy days.

Farmers get 2-3 times as much UV radiation as indoor workers.

1 in 5 Americans will develop skin cancer in their lifetime.

More prevalent than breast, prostate, lung, and colon cancers combined.

ABCDEs of MELANOMA
Melanoma is the most serious form of skin cancer. Identify warning signs by:

A-asymmetry
B-border
C-color
D-diameter
E-evolving

New growths
Changes in moles
Non-healing sores
Look for Skin Changes

HOW TO PROTECT YOURSELF

SUNSCREEN
SPF 30
Broad spectrum (UVA & UVB)
Apply 20 minutes beforehand
Re-apply every 2 hours

CLOTHING
Sunglasses
Light colored long-sleeve shirt & pants
Wide brim hat

MEDICINE
Check your medications
Some may increase your sensitivity to the sun such as:
NSAIDs
Antibiotics
Cholesterol meds
Antihistamines

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