



Skin Cancer is common.
Farmers get more skin cancer than non-farmers.

Ultraviolet Radiation (UV) causes skin cancer

Americans will develop skin cancer

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

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



One half is unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:



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Look for Skin Changes

New growths

Changes in moles

Non-healing sores

How to PROTECT Yourself

SUNSCREEN

SPF 30

Use broad spectrum (UVA & UVB)

Apply 20 minutes beforehand

Reapply every 2 hours

Significant exposure occurs even on cloudy days

CLOTHING

Sunglasses

Light colored pants & long-sleeve shirts

Wide brim hats

MEDICINE

Some medications may **increase** your sensitivity to the sun, including:

Aspirin and Ibuprofen
Antibiotics
Cholesterol Meds
Antihistamines