

## See the Light

Here are some facts you should know about skin cancer, the most common form of cancer. It's estimated that:

Skin cancer accounts for about one-third of all reported malignancies in the U.S., about 600,000 cases each year.

More than one-third of all Americans 65 or older will get skin cancer at least once.

Malignant melanoma — the deadliest form of skin cancer — is occurring at an especially high rate in women younger than 40.

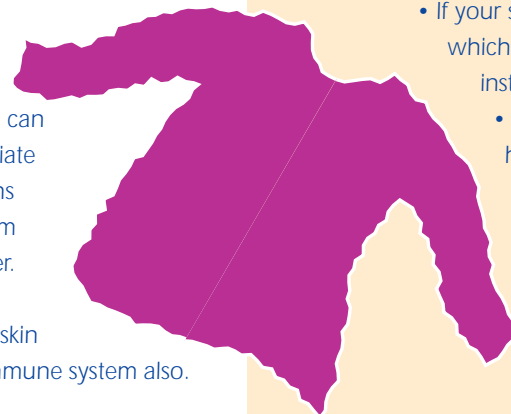
More than 90 percent of all basal and squamous cell carcinomas are thought to be caused by overexposure to the sun.

## Cancer Risk Factors:

- Fair skin, freckles or numerous moles
- Blond, red or light-brown hair
- Blue, green or gray eyes
- A tendency to burn easily and to tan little or not at all
- A family history of skin cancer
- Long periods of daily sun exposure or short periods of intense exposure
- Several blistering sunburns as a child or teen-ager
- Moles that are irregular in shape or color; change in size, shape or color, or itch or bleed

## Sun Safety Tips

- Stay out of the sun between 10 a.m. and 4 p.m., when rays are strongest.
- Use a broad-spectrum sunscreen that protects against UVA and UVB rays and has a Sun Protection Factor of 15 or higher, even on cloudy days.
- Reapply sunscreen every 2 hours when outdoors, especially if you're swimming or sweating.
- Wear protective, tightly woven clothing. Dark colors give more protection.
- Wear a 4-inch-wide broad-brimmed hat and sunglasses with UV protective lenses.
- Stay in the shade whenever possible.
- Avoid reflective surfaces. They can reflect up to 85 percent of the sun's damaging rays.
- Sunglasses help protect eyes. Select sunglasses that help to screen out both UVA and UVB rays. UV rays may contribute to the development of cataracts. Sunglasses that are close-fitting to the face and with larger lenses also can give more protection.
- Discourage teen-agers and young adults from going to tanning parlors. Tanning devices can damage the skin and eyes as much as direct sunlight can.
- Check the weather report for ozone level. Beware of overcast days.
- Medical experts believe too much exposure to the sun as a child, teen-ager and adult is a major cause of skin cancer and premature skin aging.
- But regular sun exposure throughout the year also contributes to long-term skin damage. Even people with darker complexions, who have more natural protection against the sun, are at risk.
- Two kinds of ultraviolet sun rays, UVA and UVB, can cause skin damage. This can range from immediate effects such as burning, photosensitive reactions (rashes), and cell and tissue damage to long-term consequences such as wrinkling and skin cancer.
- UVA rays penetrate deep into the skin, destroy cells, cause premature aging and contribute to skin cancer. Experts believe UVA may weaken the immune system also.



- UVB rays cause unprotected skin to burn and are thought to be the primary cause of skin cancer.

## Sunscreen

Everyone spending time outdoors should use sunscreen regularly to help prevent blistering sunburns and many of the sun's harmful effects like premature aging, wrinkles and freckles.



### Here are tips for selecting and using sunscreens:

- Choose a sunscreen with a Sun Protection Factor of 15 or higher.
- Pick a broad-spectrum sunscreen that protects against UVA and UVB rays.
- Read product labels. Look for a waterproof brand if you will be sweating or swimming. Buy a non-stinging product or one especially formulated for use on faces if you're using it on your face or your children. Buy a PABA-free brand if you are sensitive to that sunscreen ingredient.
- If you have oily skin or are acne-prone, select a water-based lotion.
- More expensive is not better. Although a costly brand may feel or smell better, it isn't necessarily more effective.
- According to the FDA, sunscreen should be effective for three years after purchase or until the expiration date that's stamped on some products. Some dermatologists and chemists say it's probably good for a year longer, but there's no risk-free way to test it.
- If your sunscreen is runny or smells strange, which it may if it's left in a scorching-hot car, for instance, toss it.
  - Apply sunscreen liberally, at least one large handful for a body, about 30 minutes before going outside.
  - Reapply often.

## How to Determine the Correct Sun Protection Factor for You and Your Family

You should routinely use a sunscreen or sunblock product that has the correct sun protection factor (SPF) for your skin. To help you select the right product, follow this example.

1. Determine how much time you can spend in the sun without the risk of burning. For example, your skin turns slightly pink after 20 minutes of midday sun exposure.

2. If you choose a sun protection product with an SPF 15, that means you can stay out in the sun 15 times longer than you can with no protection. If your skin normally turns slightly pink after 20 minutes of exposure and you're using an SPF 15, multiply SPF 15 x 20 minutes of unprotected sunning before burning to equal 300 total minutes (5 hours) you can spend in the sun safely without risk of overexposure.

3. Remember: you can't combine an SPF 15 with an SPF 8 and expect to get 23 times the sun protection. And, using our example from above, you can't first apply an SPF 15 and spend 300 minutes in the sun and then try to extend your safe time in the sun by applying a sunscreen with a higher SPF or by reapplying your SPF 15.

4. You will get maximum protection by applying sufficient amounts of the correct sunscreen about 15 minutes before exposing yourself to the sun.

## Clothing

Some fabrics let in more air and sun rays than others. Sunlight can penetrate many lightweight or open-weave fabrics. Typical T-shirts have an SPF of only 6, and the SPF plunges when wet.

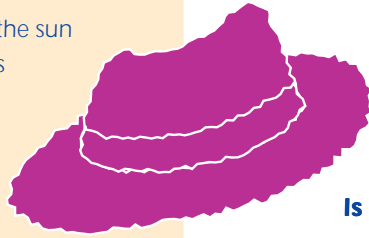
### Clothing for cover up

- Long sleeves and pants
- Dark colors
- Tighter weaves
- Natural fibers
- Scarves to cover neck (especially the back of the neck)
- Solarweave fabrics manufactured with protection value built in

## Change Your Hat

### How can hats prevent skin cancer?

Many skin cancers occur on the face, neck and ears. A well-designed hat can shield you from the sun's harmful ultraviolet (UV) rays. By wearing an appropriate hat, you can reduce your risk of disfiguring skin cancer.



### Key design features

As you consider a new hat:

Does the hat have...

- a wide brim (4 inches or more)
- a design that does not interfere with side vision
  - vents in the crown for air flow
  - an inside sweat band that's comfortable
- a secure fit to stay on your head
- a chin strap
- an extended flap to cover your neck

### Is the hat made with a ...

- material that will block UVA and UVB rays
- light color to reflect light
- dark lining under the brim to reduce eyestrain
- crushable, resilient material

### Is the hat style...

- practical for your work or other activities
- lightweight and comfortable to wear
- reasonably priced
- attractive in appearance
- one your friends will admire

## How Can You Tell If You Have Skin Cancer?

You can't tell for sure. Only your doctor can. See your doctor if:

- A mole changes size, shape or color.
- There is an unusual growth on your skin.
- Your skin changes color in certain spots.
- A sore won't heal.

Look at your skin. Check moles, spots and birthmarks monthly. Getting too much sun causes other skin problems, such as red, scaly patches. These can become cancer. See your doctor for this condition, too.

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Pub.2714 (15M) 7/98  
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