

What is Skin Cancer?

- most common form of cancer in the United States
- majority of skin cancers caused by UV light
 - Melanoma, 3rd most common skin cancer that causes the most deaths, is caused when melanocytes (a type of skin cell) is damaged by UV light

What is UV Light?

- invisible kind of radiation that comes from the sun, tanning beds, and sunlamps
- Causes tans: Stimulates melanocytes (which are cells found in your skin) to produce your skin coloring
- Causes sunburns: Cells are damaged; body responds by increasing blood flow to this area to try and repair the damage--that's why people that are sunburn are so red
- Can cause cancer: dangerous because it can penetrate the skin (sometimes without notice)
 - Cause mutations in DNA of skin cells

What are some symptoms for skin cancer?

- Change in your skin is the most common sign
 - new growth, a sore that doesn't heal, or a change in a mole; Not all skin cancers look the same.
- A-B-C-D-Es of melanoma—
 - “A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?
 - “B” stands for border. Is the border irregular or jagged?
 - “C” is for color. Is the color uneven?
 - “D” is for diameter. Is the mole or spot larger than the size of a pea?
 - “E” is for evolving. Has the mole or spot changed during the past few weeks or months?

What to do to Reduce My Risk?

- Important to note that UV rays don't just affect you during the summer or sunny days; they can reach you on cloudy days too
- CDC Recommendations:
 - Stay in the shade
 - Wear clothing that covers arms and legs
 - Wear a hat
 - Wear sunglasses
 - Use sunscreen

Why is sunscreen important?

- sunscreens block or absorb UV light
- at least SPF 15 is good for daily use; block against both UVA and UVB
- sun protection factor (SPF) number that rates effectiveness in blocking UV rays; the higher the number, more protection

What is heat rash?

- Heat rash presents as tiny bumps surrounded by red zones of skin
 - It occurs when there is excessive perspiration and the sweat glands on the skin become blocked. This causes sweat to irritate the tissue around the sweat gland
- Heat rash occurs most often in hot and humid conditions
- Generally appears on clothed regions of the body such as back, abdomen, neck, groin and armpits

How do you treat heat rash?

- Generally if you keep the affected area cool and dry it will clear up in a few days
- Sometimes it helps to take a cool shower or bath

What is heat stroke?

- Heatstroke is caused by prolonged exposure to high temperatures or by doing physical activity in hot weather.
- You are considered to have heatstroke when your body temperature reaches 104 F (40 C) or higher.

What puts you at greater risk for heat stroke?

- High humidity, certain health problems and some medications increase your risk of heatstroke. So does being a young child or older adult.

What causes heat stroke?

- Prolonged exposure to high temperatures, usually combined with dehydration

Treating Heat Stroke:

- Ice packs to armpits, groin, neck, and back (areas that have good vasculature), fan cool air over the person while wetting their skin, ice bath/ cool shower if possible