

At 93 Million Miles away,



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YOU COULD MISS

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THE WARNING LABEL

WARNING: Even low serious sunburn can increase your risk of getting skin cancer.



Sun Safety

**How to Protect Your Skin
from Skin Cancer**





Benefits of the Sun



★ Provides warmth and light

★ Helps plants grow

★ Helps the body make Vitamin D





Benefits of the Sun



- ★ Vitamin D is produced in skin exposed to UVB rays
- ★ Vitamin D:
 - regulates calcium and phosphorus levels in the blood
 - promotes bone growth
 - works with the immune system



Fast Facts



It can take
LESS THAN 10 MINUTES
for some people to get sun burns!



Fast Facts



80 percent of sun exposure
and damage to the body from the sun
happens

before your 18th birthday!



Fast Facts



People with
dark skin tones are **at risk**
for skin cancer and need to be just
as **careful about**
SunSafety!



Fast Facts



U.V. radiation can cause
cataracts and **blindness**



Fast Facts

Every year

OVER 1 MILLION

skin cancers are detected





Fast Facts

Water reflects the sun's rays and will
ENHANCE the affect of the sun.

**YOU WILL BURN FASTER AROUND
WATER OR SNOW!**





Fast Facts

Sun Burns inhibit the immune system =

Your body is less able to fight off disease and infections when you are sun burned





Fast Facts



- ★ Tanning beds are **NOT** safer than the sun!



Fast Facts

- UVA & UVB rays are greatest between the hours of 10am & 4pm

****Minimize sun exposure between these hours****





Ultra Violet Light



★ **UVA** – causes damage under the surface of the skin that is only seen later in life



★ **UVB** – damages top layer of skin which is seen as sunburn or tan





Melanoma



- ★ Most serious type of skin cancer
- ★ #1 cause of death for women ages 25-30
- ★ Cause of 10,000 deaths per year
- ★ The ABCD's of Melanoma: what to watch for in a mole...




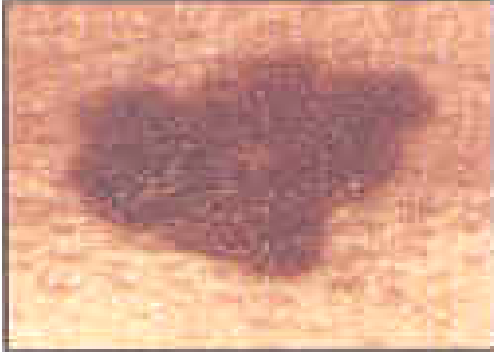


Melanoma



A is for Asymmetry



| | Benign | Malignant |
|---------------------|---|---|
| A. Asymmetry |  Symmetrical |  Asymmetrical |



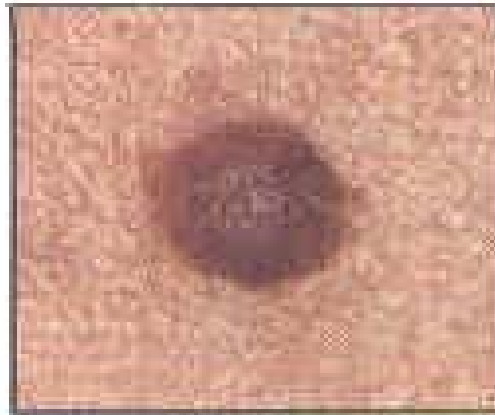
One half is different than the other half



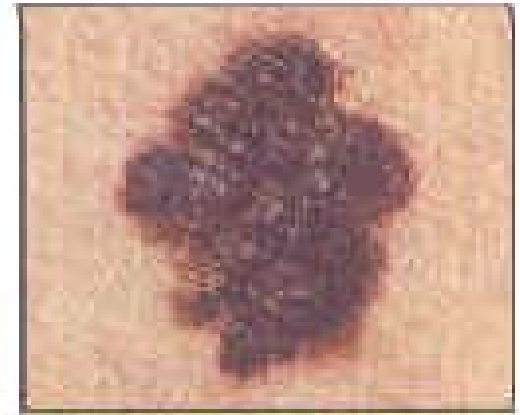
Melanoma



B is for **B**order irregularity



Even edges



Uneven Edges

B. Border

Edges are ragged, notched or blurred

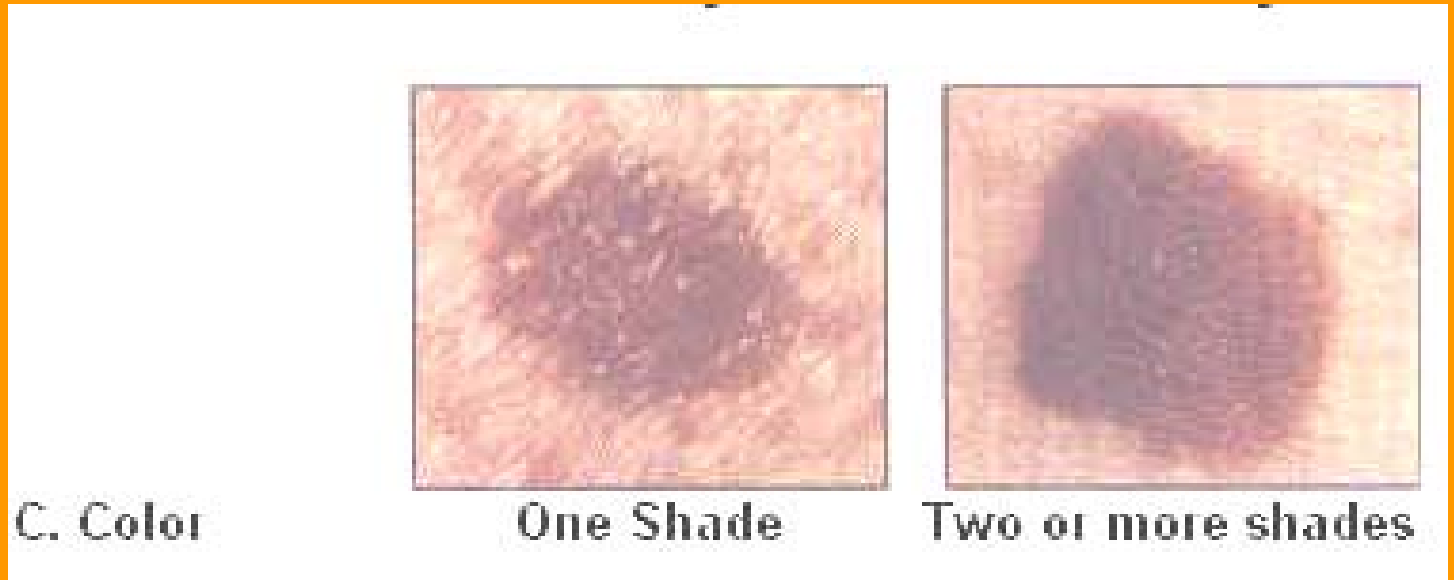




Melanoma



C is for Color



C. Color

One Shade

Two or more shades

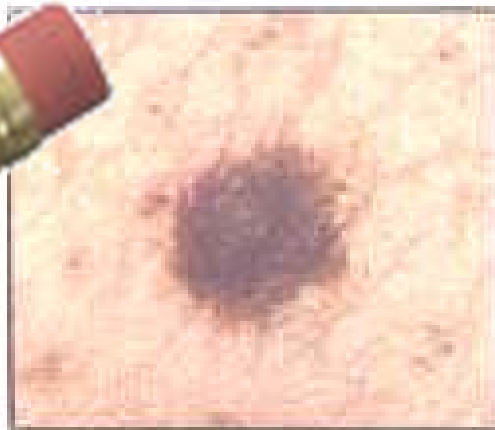
Different colors within the same mole





Melanoma

D is for **Diameter**



D. Diameter

Smaller than 6mm

Larger than 6mm

Wider than a pencil eraser
or changing size



Melanoma



If you see any changes in your skin like the **ABCD's**...



- ✓ Tell your parent
- ✓ Talk to the school nurse
- ✓ Tell your doctor





Choose Your Cover

★ **HAT** – wide brim is best





Choose Your Cover

★ **SUN GLASSES** – UVA & UVB protection





Choose Your Cover

★ CLOTHES





Choose Your Cover

★ SHADE





Choose Your Cover

- ★ **SUN SCREEN**
 - SPF 15 or above
 - Use a lot
 - UVA & UVB
 - Re-apply every
2 hours





Protect the Skin You're In...

Choose your cover!

**Warning:
Even a few
serious
sunburns can
increase your
risk of getting
skin cancer**

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