

OHSU War on Melanoma

Educational program that focuses on early detection and prevention of skin cancer among teenagers taught by medical and allied health professionals in training

Sun Protection

- Ultra violet (UV) rays are radiation from the sun
 - UVA and UVB can penetrate and damage the skin
 - UVA penetrates deep into the skin and is the most dangerous type of rays
 - UVB doesn't penetrate as deeply, but can still cause damage
- **Sunscreen**
 - *What kind?* Choose an SPF of 30 or greater with broad-spectrum coverage (UVA/UVB protection) and water resistance
 - *When?* Apply 15 minutes before going outdoors and reapply every two hours or after swimming or sweating
 - *How much?* It takes about an egg-size of sunscreen to cover the entire body
 - Watch out for:
 - Cloudy days – you can still get a burn!
 - Expired sunscreen – check the expiration date, if there isn't one, assume your sunscreen will expire about 3 years after purchase
- **Shade**
 - Find a shady spot when outdoors, especially during peak exposure hours (10am-4pm)
- **Protective clothing**
 - Long-sleeved shirts and pants with a tight knit (the average T-shirt has SPF 15)
 - Hat with a wide brim and tight knit
 - Sunglasses with UVA and UVB protection

Skin Cancer Risk Factors

- Tanning bed use – even one time!
- Blistering sunburn as a child or young adult
- Frequent sunburns in childhood
- Light skin color and freckles
- Red or blonde hair
- Blue or green eyes
- Many moles or an atypical mole
- Personal history of skin cancer
- Family history of skin cancer

Tanning bed use increases the risk of melanoma by 59%

The ABCDE's of Detecting Melanoma

- **Asymmetry**
 - Two halves of the mole do not match
- **Borders**
 - The edges are irregular or uneven
- **Color**
 - Multiple or changing shades of brown, tan, black, red, blue, pink
- **Diameter**
 - Larger than 6mm
- **Evolution**
 - Changing in appearance (size, shape, or color) or symptoms (bleeding, oozing, itching)

To Learn More:

CDC Recommendations

https://www.cdc.gov/cancer/skin/basic_info/prevention.htm

Skin Cancer Foundation

<https://www.skincancer.org/prevention/sun-protection/prevention-guidelines>

American Academy of Dermatology

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent>

Citations:

AAD, *Skin Cancer*: <https://www.aad.org/media/stats/conditions/skin-cancer>

OHSU War on Melanoma: <https://www.ohsu.edu/war-on-melanoma>

CDC, *Sun Basics*: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

CDC, *What is Skin Cancer?*:

https://www.cdc.gov/cancer/skin/basic_info/what-is-skin-cancer.htm

CDC, *Risk Factors*:

https://www.cdc.gov/cancer/skin/basic_info/risk_factors.htm

American Cancer Society, *Have a Sun-safe Summer*:

<https://www.cancer.org/latest-news/stay-sun-safe-this-summer.html>

Johnson County Dermatology: <https://jocoderm.com/patient-resources/melanoma-infographic-copy/>



Action Plan

How will you integrate sun protection and skin cancer detection into your own life on a regular basis?

Personal Goal

Be specific! (When? Where? How often?)

Ideas:

- Take the No Tanning Pledge
 - o No base tans before vacations, dances, Prom
 - o Experiment with self-tanners at home or schedule a spray tan
- Make time in your schedule to apply sunscreen
 - o Before school
 - o Before sports practice
 - o Before going to beach/river/lake/pool
 - o Reapply after swimming
- Self skin exams
 - o Set a reminder on your phone
 - o Start memorizing your moles!
- Download MoleMapper app with your family members
 - o Help your mom or dad with this!
- Wear protective clothing during peak exposure hours
 - o Shop for sunglasses, sun hat, or coverup
- Shift your activities to avoid peak sun hours
 - o Work out/go on a run after 4pm

When I get home, I will...

- Search the house for sunscreen and find out if it meets recommended standards
 - Broad spectrum
 - SPF of 30 or greater
- Talk to my parents or other family members about whether there is a family history of skin cancer
- Ask my parents about what kind of health insurance we have, and if they know how to find out about dermatology coverage
 - “Do we need a referral from primary care to go see a dermatologist or can we just call and make an appointment?”
 - “How can we search for dermatologists that take our insurance?”
 - “Can we find out if there is a copay for an office visit with a dermatologist?”

Interested in learning more and getting involved?

- Volunteer with the War on Melanoma
 - <https://www.ohsu.edu/war-on-melanoma/get-involved>
- Volunteer to be a skin cancer ambassador at your school with Impact Melanoma
 - <https://impactmelanoma.org/our-work/your-skin-is-in/for-students/>

