

# 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](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](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](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](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?

Can you identify any risk factors you have for developing skin cancer?

1)

2)

3)

### Personal Goal

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

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### 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, sports practice, 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

### 1 week later, evaluate yourself:

- I completed my personal goal
- I did not complete my personal goal. Ask yourself: was the goal too difficult to achieve?

### Complete at least 2 out of the 3 activities:

- 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/>