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

American Academy of Dermatology

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/healthy-living/sun-safety.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?)

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