

## Why are Farmers at an increased risk for skin cancer?

- Increased amount of time outdoors
- Time of day outdoors (between 10am & 4pm)
- Limited use of canopies & cabs
- Impractical to wear long sleeve shirts
- Unwillingness to wear sunscreen
- Reluctance to wear wide brimmed hat

## What is Skin Cancer?

- Occurs when healthy skin cells lose their ability to limit & direct their growth
- Too much tissue is produced
- These damaged skin cells develop the ability to invade healthy skin cells and tumors form

## What Causes Skin Cancer?

**Ultraviolet (UV) Rays** ~ Produce radiation which can alter DNA in our bodies; Americans receive 80% of sun exposure before age 20

- **UVA** ~ Penetrates deep into skin; tangles the DNA; skin does not appear smooth; causes premature aging: wrinkles, leathery skin; affects eyes: cataracts and corneal burns
- **UVB** ~ Penetrates skin cells; damages or breaks apart DNA; repeated sun exposure decreases the likelihood that damaged or broken DNA will be repaired; causes redness and sunburns

## Types of skin cancer:

### Basal Cell Carcinoma

- Waxy skin eruption or small scaly patch
- Smooth growth with raised border
- Could be a smooth bump that crusts over or bleeds
- May start as a pimple or sore that doesn't heal
- 95% cure rate if diagnosed early
- Men twice as likely to get as women

### Squamous Cell Carcinoma

- Scaly patch, small raised bump or tumor
- Can spread locally to lymph nodes
- 95% cure rate if diagnosed early
- Head, neck, hands, lips (tobacco, cigarettes and UV rays)
- Men three times as likely to get than women

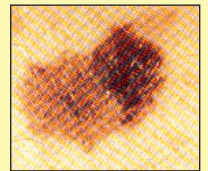
### Melanoma

- Mole that has changed
- Multi-colored dark area on skin (reddish, bluish, brown, or black)
- 50% fatality rate
- Causes 7,300 deaths per year
- Must treat early for best recovery
- Men twice as likely to get as women

## The ABCD's of Skin Cancer:

- **Asymmetry** ~ one half of the area does not match the other half
- **Border** ~ the edges are uneven or ragged
- **Color** ~ the color is uneven with more than one shade or color present
- **Diameter** ~ any change in size, or if the size is larger than a pencil eraser
- **Sensation** ~ there are changes in the way it feels (itching, dryness, scaling, lumpy, swollen or tender)

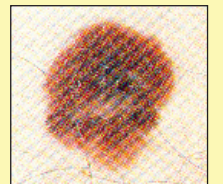
*Asymmetrical*



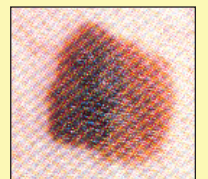
*Border Irregular*



*Color Varied*



*Diameter > 6 mm*



# Protection from Skin Cancer is a Personal Responsibility.

- Limit amount of time exposed
- Control time of day exposed
  - Exposure to strongest rays usually occurs between 10 am and 4 pm
  - Most damaging rays occur during summer months
- Use protective barriers
  - Long sleeve shirts
  - Wide brim hat
  - Sunscreen with SPF of 15 or higher
  - Sunglasses
  - Sun canopy or tractor cab
- Realize sunburns can still occur on cloudy days and during winter months
- Greatest risk of skin cancer is for people who:
  - Burn easily or rarely tan
  - Freckle or have a fair complexion
  - Have blonde or red hair
  - Have sensitive skin
  - Have blue or grey eyes
  - Have a family history of skin cancer
- Protect skin during first 18 years of life
  - Protecting skin early can reduce the risk of getting some types of skin cancer by up to 78%

## For More Information Contact:

**Holly Higgins, Director**  
(785) 587-6149  
[higginsh@kfb.org](mailto:higginsh@kfb.org)

**Jeff Sutton, Manager**  
(785) 770-7031  
[suttonj@kfb.org](mailto:suttonj@kfb.org)

**Serita Blankenship, Administrative Assistant**  
(785) 587-6150  
[blankenships@kfb.org](mailto:blankenships@kfb.org)



**Kansas Farm Bureau**  
Farm Safety & Ag Education  
2627 KFB Plaza  
Manhattan, KS 66503

Phone: (785) 587-6150  
Fax: (785) 587-6914  
Web Site: [www.kfb.org/safety](http://www.kfb.org/safety)

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# Skin Cancer Prevention

*The **earlier** we start  
practicing sun safety,  
the **longer** we will keep  
our skin healthy.*

