

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 10am and 4pm
 - 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 fair complexion
 - Have blonde or red hair
 - 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
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Skin Cancer Prevention

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

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?

Ultra Violet (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 sunburn

Types of skin cancer:

Basal Cell Carcinoma

- Waxy skin eruption or small scaly patch
- Smooth growth with raised border
- Could be a smooth bump which 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

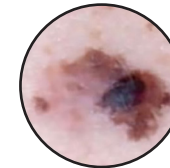
- Scaly patch, small raised bump or tumor
- Can spread locally to lymph nodes
- 95% cure rate if diagnosed early
- Head, neck, hands, lips (tobacco, cigarettes, and UV Rays)
- Men three times as likely to get than women

Melanoma

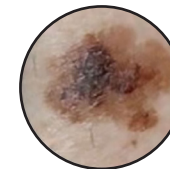
- Mole that has changed
- Multi-colored dark area on skin (reddish, bluish, brown, or black)
- 50% fatality rate
- Causes 7,300 deaths per year
- Must treat early for best recovery
- Men twice as likely to get as women

The ABCD's of Skin Cancer:

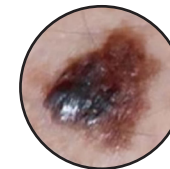
- **Asymmetry** – one half of the area does not match the other half
- **Border** – the edges are uneven or ragged
- **Color** – the color is uneven with more than one shade or color present
- **Diameter** – any change in size, or if the size is larger than a pencil eraser
- **Sensation** - there are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



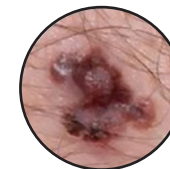
Asymmetrical



Border Irregular



Color Varied



Diameter > 6mm