



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service

SCFCL website: <http://www.scfcl.com>

Leader Training Guide Fun in the Sun-Protect Yourself, "Recognizing Skin Cancer"

Objectives:

The participants will be able to:

1. Identify the link between sun exposure and skin cancer
2. Prevention of sunburn
3. Sunburn treatment methods

Lesson Overview/Introduction:

During this lesson, participants will learn about the link between sun exposure and skin cancer. Increased outdoor activities lead to more sun exposure. Participants will learn about ways to protect skin from rays that cause skin cancer. The first line of defense is prevention of sunburn. It is important to know the appropriate way to use sunscreen and protect the skin from harmful rays during long-term exposure. Participants will also learn ways to treat sunburn. The aim of the lesson is to provide participants with knowledge about different ways to protect your skin while participating in outdoor activities.

Lesson:

1. Link between sun exposure and skin cancer

In the spring and summer we are outside more and have a higher chance of prolonged unprotected sun exposure. Research has shown that skin cancer is directly related to over exposure of sun. There are several things you can do in order to protect yourself. First it is important to protect the skin. Next, follow proper steps to prevent sunburn. Those steps include sunscreen and proper clothing items to protect you in the sun. Lastly, 5 sunburns over a lifetime can double the chances of skin cancer, so it is important to treat sunburns when necessary. There are several ways to treat sunburn.

2. Prevention of sunburn

The American Cancer Society suggests 3 ways to ensure you are not getting too much sun. If outside for a prolonged period of time you should try to stay in the shade. Especially during midday as those rays are the hottest and strongest during midday. Always wear protective clothing such as a long sleeve UVA/UVB resistant shirt, wide brimmed hat, and sunglasses. Most importantly, apply and reapply sunscreen when outside for long periods of time.

What is sunscreen?

Sunscreens are combined ingredients to help prevent the sun's ultraviolet (UV) radiation from reaching the skin. There are two types of UV radiation: UVA and UVB. They damage the skin, age it prematurely, and increase risk of skin cancer. UVB is the chief culprit to sunburn while UVA rays penetrate more deeply, and causes long-term damage like sagging, wrinkling, and leathery skin.

What is SPF?

SPF stands for sun protection factor. That is the measure of a sunscreen's ability to prevent UVB from damaging the skin. If it takes 20 minutes for unprotected skin to turn red, using an SPF 15 theoretically prevents reddening of the skin for 15 times longer (5 hours). SPF 15 filters 93% of all UVB rays, SPF 30 filters 97% of rays and SPF 50 keeps out 98% of rays. It is very important to know that no sunscreen can block all UV rays and that no sunscreen is effective longer than two hours without reapplication.

Who should use sunscreen?

Anyone over the age of 6 months of age should use sunscreen daily. Even when working or spending time inside you are exposed for brief periods of time if working near windows which filter UVB rays but not UVA rays.

How much should I use and when do I apply/reapply?

1 oz: shot glass full is considered the amount needed to cover the exposed areas of the body.

At a full day on the beach one should use around one half to one quarter of an 8 oz bottle. Sunscreen should be applied 20 minutes prior to initial exposure. Reapplication of sunscreen is just as important as putting it on the first time. One should reapply every 2 hours, or after swimming/towel drying or sweating.

3. Sunburn treatment methods

There are 4 steps to treating a sunburn.

1. Cool the skin. If access jump into a pool or lake or take a cool shower to lower the temperature of the skin.
2. Decrease inflammation by taking an anti-inflammatory such as ibuprofen and using a topical such as hydrocortisone cream.
3. Apply an aloe gel or moisturizer, as the skin will become dried out with sunburn.
4. Drink lots of fluids to avoid dehydration and replenish the skin with fluids lost through sunburn.

Lesson Summary: We are exposed to harmful rays even when we do not realize it. It is important to understand the benefits of sunscreen and protecting the skin on a daily basis. Over exposure is what leads to skin cancer. There are ways to treat sunburn to appropriately take care of the skin. By using practices discussed in this lesson, you can protect your skin and lower risks associated with skin cancer.

Suggested Materials:

- Difference types/SPFs of sunscreen
- Aloe vera gel/hydrocortisone cream
- Hat, protective shirt, sun glasses
- How to Select a Sunscreen handout

Sources:

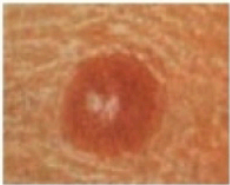







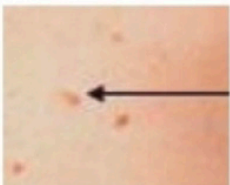
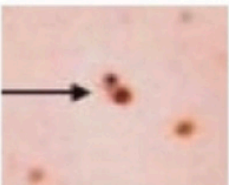
- How to Select a Sunscreen. American Academy of Dermatology. 2017.
- Sunscreens Explained. Skin Cancer Foundation. 2012.
- Does a higher SPF sunscreen always protect your skin better? Skin Cancer Foundation. 2010.

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BENIGN OR MALIGNANT

	Benign	Malignant	
Symmetrical			Asymmetrical (the two sides do not match)
Borders are even			Borders are uneven
One color			Two or more colors
Smaller than 1/4 inch			Larger than 1/4 inch
Ordinary mole			Changing in size, shape, color, or another trait

HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen that states on the label:

BROAD SPECTRUM

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

SPF 30 OR HIGHER

How well a sunscreen protects you from sunburn.

WATER RESISTANT OR VERY WATER RESISTANT

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



SpotSkinCancer.org