

## SUMMER SUN



## SAFETY MONTH

AUGUST  
2024

### summer tips

- Sunscreen: should have a Sun Protective Factor (SPF) of at least 15 and should be reapplied every 2 hours, even if it's cloudy and/or after swimming or sweating. Should be broad-spectrum and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB).
- UVA- cause aging, wrinkling, and loss of elasticity; increases the damaging effects of UVB, including skin cancer and cataracts
- UVB- much greater risk of skin cancer than UVA
- People of all skin colors are at risk for sunburn, but especially those with pale skin, blonde, red, or light brown hair, been treated for skin cancer, and/or a family member who has had skin cancer.
- Dark-tinted sunglasses do not necessarily mean they have efficient UV protection
- Spray sunscreens can be flammable so be cautious!
- Wear protective clothing such as a long-sleeved shirt or a wide-brimmed hat

### wellness challenge

Make sunscreen a part of your daily skin care routine! Check the UV index every day to get an idea of when to seek sun protection!

“There’s no such thing as a healthy tan” -Dr. Walayat Hussain, dermatologist

### types of skin cancers

- Basal cell carcinoma (BCC)- common on head, neck, and arms; often look like a flesh-colored round growth, pearl-like bump, or a pinkish patch of skin
- Squamous cell carcinoma (SCC)- forms on skin that gets frequent sun exposure, like the face, neck, arms, etc.; looks like a red firm bump, scaly patch, or a sore that heals and re-opens; can develop from a precancerous skin growth call actinic keratoses (AK)
- Melanoma- can develop within a mole that is already on your skin or appear suddenly as a dark spot on the skin; use ABCDE warning signs
- For all skin cancers, early diagnosis and treatment are very important!

### facts to know

- Summer rays are most intense between 10 AM and 2 PM
- The National Cancer Institute estimates there were 100,640 new cases of skin melanomas and 8,290 related deaths in 2024.
- About 6.1 million people are treated for basal cell carcinoma and squamous cell carcinoma in the U.S. every year.

#### Sources:

<https://www.epa.gov/sunsafety/sunsafetypoints#:~:text=Wear%20protective%20clothing%2C%20such%20as,%2C%20and%20sunglasses%2C%20when%20possible.&text=Seek%20shade%20when%20possible%2C%20and,10%20a.m.%20and%204%20p.m.&text=Water%2C%20snow%20and%20sand%20reflect,increase%20your%20chance%20of%20sunburn>  
<https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-screensunglasses>  
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