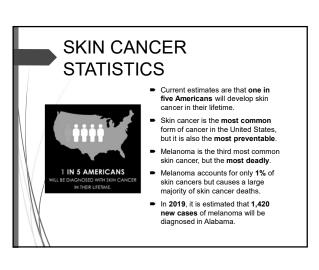
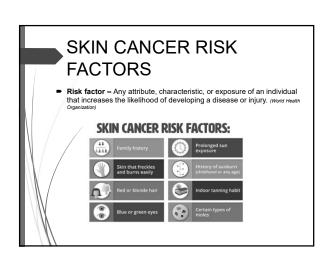


Alabama Comprehensive Cancer Control Program

- Purpose To support cancer coalition efforts that leverage resources to plan and implement evidencebased strategies to prevent and control cancer thereby reducing cancer incidence, morbidity, and mortality in Alabama through prevention, early detection, and surveillance.
- Program is housed in the Alabama Department of Public Health, Cancer Prevention & Control Division, RSA Tower, 201 Monroe Street, Suite 1350, Montgomery, AL.
- Funded by the Centers for Disease Control and Prevention (CDC), Cooperative Agreement Number NU58DP006301. Content of material presented are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.





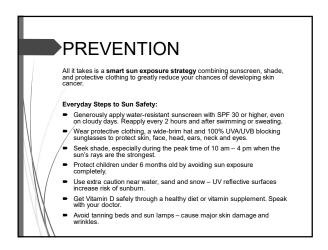
IMPORTANT FACTS

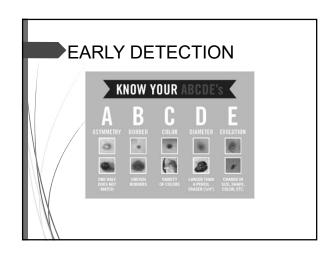
- Chronic sun exposure is the leading cause of skin cancer.
 Exposure to UVA and UVB radiation from the sun, tanning beds, or sun lamps is the major cause of all three types of skin cancermelanoma, squamous cell carcinoma, and basal cell carcinoma.
- The risk of melanoma increases as people age. The average age of people when diagnosed is 65.
- Melanoma is not uncommon even among those younger than 30. In fact, it is one of the most common cancers in young adults (especially young women).
- Sun damage builds up over time, therefore early detection of skin cancer is important and can save your life. Carefully examine all of your skin once a month. Talk to a doctor if you notice changes in your skin appearance such as new or changing spots.
- Using sunscreen regularly is one of the easiest ways to prevent millions of cases of skin cancer each year.
- Research showed that just 14% of American men and 30% of American women regularly put sunscreen on their faces and other exposed skin before heading outside for more than an hour.

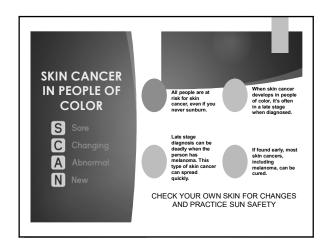
(Sources: CDC and American Cancer Society)

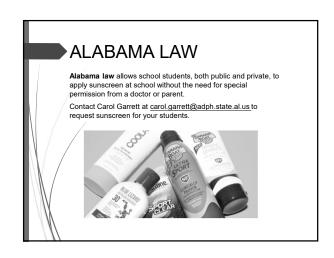
IMPORTANT FACTS

- Approximately 80% of all information we take in is received through the sense of sight. We know the sun can damage our skin, but most are unaware that our eyes are susceptible to just as much damage.
- Extended exposure to UV rays has been linked to chronic eye diseases including cataract, growths on the eye, corneal sunburn, and eyelid cancer.
- It can take years before you experience any of the sun's damaging effects on your eyes; however, if your eyes feel fired, sore and gritty after a day at the beach, skiing or booting, you may have experienced UV radiation exposure.
- Protect your eyes with a combination of quality sunglasses, UV-blocking contact lenses and a wide-brimmed hat.
- Everyone is at risk, especially children. Children typically spend more time in the sun than adults, putting them at risk for developing serious vision and skin damage later in life without regular UV protection.

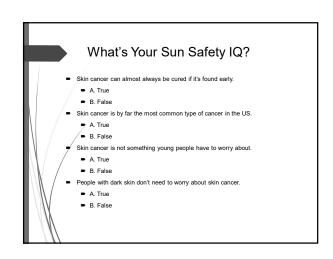












What's Your Sun Safety IQ?

- Skin cancer can almost always be cured if it's found early.
 - A. True

The most common types of skin cancer, basal cell cancers, squamous cell cancers, and melanoma, can almost always be cured in the early stages – when they're small and have not spread.

- - A. True

According to one estimate, about 5.4 million cases of skin cancer are diagnosed among 3.3 million people each year. (Many people are diagnosed with more than one spot of skin cancer at the same time.)

- Skin cancer is not something young people have to worry about.

The risk of skin cancer does go up with age, but these cancers are seen in younger people, too. In fact, melanoma is one of the most common cancers in young adults – especially young women.

- People with dark skin don't need to worry about skin cancer.
 - B. False



What's Your Sun Safety IQ?

- I can't get skin cancer, because my normal routine such as driving to work doesn't include a lot of time outdoors.
 - A. True
 - B. False
- I should use sunscreen at football games, even though I only go (and get burned) once or twice a year.
 - A. True
- B. False
- If I'm wearing sunscreen, I can stay in the sun as long as I want.
 - A. True
- A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.

 - B False



What's Your Sun Safety IQ?

- I can't get skin cancer, because my normal routine such as driving to work doesn't include a lot of time outdoors.

Brief sun exposures all year round can add up to major skin damage. Some UV rays can pass through windows, so driving or even sitting by a window during peak sun hours, 10:00 a.m. to 4:00 p.m., can expose skin to damaging UV rays.

- I should use sunscreen at football games, even though I only go (and get burned) once or twice a year.
 - A. True

- If I'm wearing sunscreen, I can stay in the sun as long as I want.

It is not smart to stay in the sun for several hours, even when wearing sunscreen. The American Cancer Society (ACS) recommends to seek shade, limit time in the sun at midday, cover up with a shirt, wear a wide-brimmed hat, use a broad-spectrum sunscreen rated SPF 30 or higher, and reapply sunscreen about every 2 hours.

- A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.

SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 sunscreens filter out about 97%. Be sure to choose a broad spectrum product that blocks both UVB and UVA light.



What's Your Sun Safety IQ?

- A smart sun exposure strategy includes:
 - A. sunscreen
 - B. shade

You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., which one of the following actions would best protect your skin?

- A. slip on some loosely woven cotton clothes
- B. move to the shade
- C. reapply sunscreen
- I should wear sunscreen even on cloudy days.
 - A. True



What's Your Sun Safety IQ?

- A smart sun exposure strategy includes
 - A. sunscreen
 - B. shade
 - C. protective clothing
- You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., which one of the following actions would best protect your skin?
 - A. slip on some loosely woven cotton clothes
 - B. move to the shade
 - C. reapply sunscreen

While all 3 actions may help, getting out of the midday sun when the sun tends to be the hottest is the best choice in this situation. Clothes made of cotton block very little UV radiation - SPF 4. Sunscreen is important to protect skin, but should not be used to extend time in intense sunlight.

- - A. True

UV rays can pass through clouds causing sunburns and skin damage in as little as $15\ \mathrm{minutes}$.



What's Your Sun Safety IQ?

- Which of the following is not a skin cancer risk factor?
 - A. family history
 - B. hair color
 - C. eye color D. skin color
- How often should you check for changes in skin appearance for early detection of skin cancer?
 - A. once a month
 - B. once a year
 - C. never
- Using sunscreen regularly is one of the easiest ways to prevent millions of cases of skin cancer each year.
 - A. True
 - B. False

