OUT OF THE SUN
And into the Shade
Sun Safety Tips

Elaney Wood Heritage Farmers Market
Greene County

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Image courtesy of smarnad/FreeDigitalPhotos.net
Understanding UVA and UVB Rays

UV Radiation and the Skin

- Epidermis
- Dermis
- Subcutaneous Layer (skin tissue found under the dermis)

Normal Skin Cells and Tumor Cells

- Squamous cell
- Tumor
- Basal cell

Epidermis

Dermis
For effective UVA as well as UVB coverage, look for a sunscreen with an SPF of 15 or higher and some combination of UVA-protective ingredients.
If your shadow is shorter than you, seek shade
Are you at risk?
Are you at risk?

Melanin

• Gives skin its color
• Provides SPF of 13-14 in African Americans compared to 3-4 in caucasians
• Protects against premature aging
Are you at risk?

YES

Darker skin color can cause a delayed diagnosis resulting in increased risk of death.
Do you have anything that looks like this?

Basal Cell    Squamous Cell   Melanoma
Basal Cell Carcinoma

What to look for

• Raised bump with visible blood vessels
• Sore that does not heal within a month
• May ooze or crust over
• Grows slowly
• Early treatment results in a cure rate of more than 95%
Squamous Cell Carcinoma

What to look for

• Firm red bump
• May be scaly or develop a crust
• May bleed
• May spread to other parts of body
• Early treatment results in a cure rate of more than 95%
Melanoma

What to look for

• New, existing or growing mole
• Irregular border, odd shape
• Change in color, different colors

• “Ugly duckling” mole, not like any others
• Changes in any way
• Looks like a bruise that won’t heal
• Spot on palms of hands, soles of feet
• Streak under fingernail or toenail
• May itch, bleed or be painful
ABCDE’s of Melanoma

A = Asymmetry
One half is unlike the other half

B = Border
An irregular, scalloped or poorly defined border.

C = Color
Is varied from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue.

D = Diameter
Melanomas usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.

American Academy of Dermatology
ABCDE’s of Melanoma

E = Evolving
A mole or skin lesion that looks different from the rest or is changing in size, shape or color.
Our first line of defense
Think about what you wear

• Can a flashlight shine through it?
• Tight weave material-smaller holes between threads-denim, heavy cotton, wool
• Heavy, dense fabric-corduroy
• Dark or bright colors block more sunlight
• Long sleeve shirts
• Loose fitting-Clothes that are stretched expose more skin—larger holes between threads
Dark blue denim jeans only $\frac{1}{1700}$th of the sun’s UVR reaches the skin.

Choose tight weave material.
Cover that head, neck and nose

And ears

And cheeks

And eyes

3 inch or wider brim helps cover it all
Sunglasses should block 99-100% of UV Radiation

Sunglasses Save Sight

Cataracts
Macular Degeneration
Ocular Melanoma

Skin Cancer Foundation
Don’t forget your gloves

They protect against “skint” knuckles
And skin cancer
Use UVA/UVB broad spectrum sunscreen with SPF of 15 or more

- Every day
- Every season
- No matter your skin color
- Reapply every 2 hours after sweating
Do not use!
Tanning beds can pose a greater risk of causing skin cancer than sun exposure.
If you can see sunlight, look for shade

Find a good tree and a patch of grass
Made in the shade with an umbrella or tent?

Ray bounce-backs burn
Tractor canopy provides some protection. How can he improve his shade?
Check your birthday suit monthly!

If you find anything changing, growing or bleeding, see your doctor. Skin cancer is very treatable when caught early.
Bring your own shade to work

And remind a friend to do the same
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