

enjoy the outdoors

(just be sun smart)

Central Oregon has some of the highest rates of skin cancer in the country, thanks to our abundant sunshine and high altitude. Here's what you can do to protect yourself:

- Wear sunscreen with sun protection factor (SPF) 30 or higher. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- Keep covered. Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible. It is best if the clothing has a rating of UPF 50 to ensure appropriate sun protection.
- Avoid being outdoors during the brightest parts of the day (usually 10 a.m. – 2 p.m.) as much as you can. If you are outside and your shadow appears shorter than you are, seek shade when possible.
- Use extra caution near water, snow and sand because they reflect and intensify the damaging rays for the sun, which can increase your chances of sunburn.

AVOID TANNING BEDS

Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, consider using a self-tanning product or spray, but continue to use sunscreen with it.



AVOID SUNBURN

Sure it hurts, but what's so bad about a sunburn?

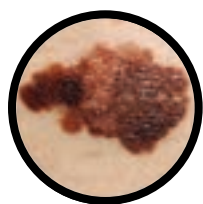
Sunburn means your skin has been damaged. Ultraviolet light enters the skin to damage your cell's DNA (your body's instruction manual). Repeated exposure to ultraviolet light can cause a lot of problems:

- wrinkles
- brown spots
- eye problems
- moles
- saggy skin
- skin cancer

In the United States, more than 3.5 million new cases of skin cancer are diagnosed annually and one person dies from melanoma every hour. Examine your skin monthly and report any changes to a dermatologist as soon as possible. Then if it is skin cancer, you will have the best chance of it being diagnosed in its earliest, most treatable stage.

THE A-B-C-D-E OF SKIN CANCER

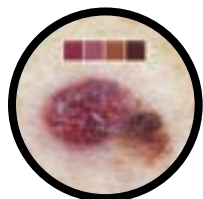
A sunburn can increase the number of moles on your body. While moles are common, they can become cancerous. Keep an eye on your moles with the “ABCDE” rule and talk with a health care provider if you notice anything abnormal.



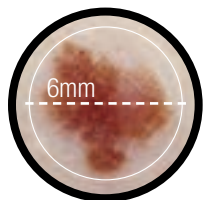
A **Asymmetry** - one half is unlike the other half.



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



E **Evolving** - A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

DID YOU KNOW?

- 80 percent of a person's life time sun exposure happens before age 18
- Sun Exposure is the most preventable risk factor for all skin cancers, including melanoma.
- Deschutes and Crook County have the second and fourth highest rates of melanoma in Oregon
- Although melanoma most commonly appears in adults over the age of 60 after many years of sun exposure, the incidence of melanoma in children, teens and young adults is growing, according to the American Cancer Society. In fact, melanoma is the second most common form of cancer for adolescents and young adults 15-29 years old.