

Sun Smart Tips

According to the American Cancer Society (ACS), this year alone an estimated 3,100 people in Ohio will be diagnosed with melanoma, the most lethal form of skin cancer. That's the nation's sixth highest rate of incidence, close behind sunshine states like California and Florida.

What can you do to protect yourself and your family? Check out these **DO's** and **DON'Ts** from Adena Cancer Center.

To find a physician at the Adena Cancer Center who can provide a yearly skin cancer screening, call **877-225-6877** or visit **adena.org/physiciansearch**.

DO
choose
the right
sunscreen.

The ACS recommends using a sunscreen with a sun protection factor (SPF) of 30 every day — even in the winter. Confused about what SPF really means? When you wear a sunscreen with SPF 30, for every 30 minutes you spend in the sun, your skin gets the equivalent of one minute of UVB rays.

If SPF 30 is good, SPF 50 or 100 must be great. Right? Wrong. SPF 30 blocks 97% of the sun's UVB rays, but an SPF 40 blocks only 98%. "Wearing a higher SPF doesn't buy you more time in the sun," says Jeffrey B. VanDeusen, MD, PhD, medical director of the Adena Cancer Center. "It just costs you more."

30
50
100

Most people don't apply enough sunscreen or miss important body parts. Make sure you pay attention to the tops of your ears, your lips, the top of your feet, around your hairline, and even down the part in your hair (use a powder, gel, or spray sunscreen). A hat and sunglasses can help provide extra protection to your head, face, and eyes.

DO
provide full
coverage.

Yes, men get skin cancer, too. For some reason, men think they are immune to the sun's rays, but that's not true. Men are more likely to be diagnosed with melanoma, the deadliest type of skin cancer, and they are twice as likely to die from it as women, according to the National Cancer Institute. So, men, lather up and don't forget the back of your neck or tops of your ears — the two spots men most often miss, especially when wearing caps.



DO check
yourself
head to
toe every
month.

A full-body self-exam every month can help you find signs of skin cancer early, while it's most treatable. In addition to keeping an eye on moles for changes in symmetry, color, size, and border shape, be sure to check the soles of your feet, between your toes, behind your ears, and in your groin for any new or changing lesions.



Picture this. Skin cancer is not pretty, but looking at pictures of it could save your life. According to a study published in the Journal of the American Academy of Dermatology, people who viewed pictures of skin cancer were more likely to do skin examinations. Learn the changes you should look for at adena.org/skincancer.



Frequent exposure to the high-intensity sunlamps in tanning beds can deliver as much as 12 times the dose of UVA rays you'd normally get from the sun in a year! That's one reason indoor tanners have a higher risk for all types of skin cancer than people who have never used tanning beds.

DON'T
use tanning
beds.

DON'T
be fooled by
a "base" tan.

Just because you're not burning, it doesn't mean you're not increasing your chances for skin cancer. Any sun exposure does damage to your skin at a cellular level. And that glow you get from a bottle of self-tanner? That doesn't make you any less likely to burn.

Vitamin D seems to be this year's popular supplement, but researchers say there's not enough evidence yet to say whether taking megadoses of vitamin D can improve your health or reduce your risk of certain diseases, such as heart problems or cancer.



DON'T
overdo
the D.

**BOTTOM
LINE.**

While most people don't think much about skin cancer, melanoma is the fifth most common type of cancer in the United States. Your best chance to avoid this deadly cancer is prevention and screening. Follow the tips in this guide plus be sure to get an annual skin check by your doctor.

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