

Health Awareness

A County Health Pool Publication



July, 2014

UV Awareness Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet rays (UV) from the sun are the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin.

The Basics

The best way to prevent skin cancer is to protect your skin from the sun.

- Stay in the shade as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves, a hat, and sunglasses.

Protecting your skin from the sun today may help prevent skin cancer later in life. Most skin cancer ap-



pears after age 50, but skin damage from the sun can start during childhood.

Staying out of the sun and using sunscreen may also help prevent:

- Wrinkles
- Blotches or spots on your skin
- Other damage caused by the sun

What is skin cancer?

Skin cancer is the most common kind of cancer in the United States. There are 3 major types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Basal cell carcinoma and squamous cell carcinoma are the 2 most common kinds of skin cancer. They are both also called non-melanoma skin cancer. The most dangerous kind of skin cancer is

called melanoma.

Skin cancer can almost always be cured when it's found and treated early. That's why it's a good idea to check your skin regularly for new growths (like moles or lumps) or changes in old growths. Tell your doctor or nurse right away if you find a change.

What causes skin cancer?

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps.

Anyone can get skin cancer. The risk is highest for people with:

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes

(Over)

UV Awareness Month

(Continued)

You are at higher risk for the most dangerous type of skin cancer (melanoma) if you have:

- Unusual moles
- A large number of moles (more than 50)
- A family history of melanoma

Block Out UV Rays

- **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV

rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.

- **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

Self-Examination

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules.
- Red, scaly, sharply outlined patches.
- Sores that don't heal.
- Small, mole-like growths - melanoma, the most serious type of skin cancer.

If you find such unusual skin changes, see a health care professional immediately.

webmd.com; healthfinder.gov; osha.gov

Tony's Summer Pasta

Ingredients

Original recipe makes 6 servings

- 1 (16 ounce) package linguini pasta
- 6 roma (plum) tomatoes, chopped
- 1 pound shredded mozzarella cheese
- 1/3 cup chopped fresh basil
- 6 cloves garlic, minced
- 1/2 cup olive oil
- 1/2 teaspoon garlic salt
- ground black pepper to taste

Directions

1. Combine tomatoes, cheese, basil, garlic, olive oil, garlic salt, and black pepper in medium bowl. Set aside.
2. Meanwhile, cook pasta according to package directions.
3. Drain pasta, and transfer to a serving bowl. Toss with tomato mixture. Serve.

PREP

10 mins

COOK

5 mins

READY

IN

15 mins