

Team Topics - June 2022

WELLNESS- Skin Cancers

One in five Americans will be diagnosed with a skin cancer and it's not about the beach. Exposure to sun day after day is what brings on most cancers. *The employee clinic will do skin screenings on June 10 & 24. Call to set up your appointment. 694-4560*

Basal cell carcinoma (BCC) is the most common type of skin cancer. Any skin type can get it. BCCs often look like a flesh-colored round growth, pearl-like bump, or a pinkish patch of skin. It is most common on the head, neck, and arms but can form anywhere on the body, including the chest, abdomen, and legs.

Squamous cell carcinoma (SCC) of the skin is the second most common type of skin cancer. Again, anyone can get it. SCC often looks like a red firm bump, scaly patch, or a sore that heals and then re-opens. It tends to form on skin that gets frequent sun exposure, such as the rim of the ear, face, neck, arms, chest, and back.

Melanoma is often called "the most serious skin cancer" because it has a tendency to spread. This type can develop within a mole that you already have on your skin or appear suddenly as a dark spot on the skin that looks different from the rest. Early diagnosis and treatment are crucial.

Knowing the **ABCDE warning signs** of melanoma can help you find an early melanoma: **A**symmetry - one half of the spot is unlike the other half; **B**order - the spot has an irregular, scalloped, or poorly defined border; **C**olor - which can vary from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue; **D**iameter - while melanomas are usually greater than 6 millimeters, or about the size of a pencil eraser, they can be smaller and **E**volving - the spot looks different from the rest or is changing in size, shape, or color.



SUN SAFETY

Seek shade: Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.

Cover up: When you are out, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with wrap-around sunglasses that block at least 99% of UV light.

Avoid tanning beds and sunlamps: Both can cause serious long-term skin damage and contribute to skin cancer.

Use sunscreen:

- Choose a sunscreen with "broad-spectrum" protection protecting against both UVA and UVB rays. All sunscreen products protect against UVB rays, the main cause of sunburn. But UVA rays also contribute to skin cancer and premature aging. Only products that pass a test can be labeled "broad spectrum."
- Choose a sunscreen with a sun protection factor (SPF) of at least 30. The SPF number is the level of protection the sunscreen provides against UVB rays. Higher SPF numbers do mean more protection, but the higher you go, the smaller the difference becomes.
- "Water resistant" does not mean "waterproof." No sunscreens are waterproof or sweat-proof. If a product's front label says it is water resistant, it must specify whether it lasts for 40 minutes or 80 minutes while swimming or sweating. For best results, reapply sunscreen at least every 2 hours and even more often if you are swimming or sweating. Sunscreen usually rubs off when you towel yourself dry, so you will need to put more on.
- Check the expiration date before using a sunscreen.

DEPARTMENT _____

Supervisor/Team Leader/Crew Chief _____

PRINTED NAME	SIGNATURE