

Important Guidelines!

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“Safe-Sun” Guidelines

What are the safe-sun guidelines?

Safe-sun guidelines give you four ways you can protect your skin and reduce your risk of skin cancer.

1. Avoid the sun.

Sunlight damages your skin. The sun is strongest at the middle of the day, between 10 a.m. and 4 p.m. During these hours, the sun can do the most damage to your skin. Sunburns and suntans are signs that your skin has been damaged. The more damage the sun does to your skin, the more likely you will get early wrinkles, skin cancer and other skin problems.

2. Put on sunscreen.

Use a sunscreen or sun block with protection to block both UVA and UVB rays, even on cloudy days. Use a lot of sunscreen and rub it in well. You should put the sunscreen on 30 minutes before you go into the sun. Put the sunscreen everywhere the sun’s rays might touch you, even your ears and the back of your neck. Men should also put it on any bald areas on the top of their head. Put more sunscreen on every hour if you’re sweating or swimming.

Remember that using sunscreen is just one part of a program to prevent skin cancer. To greatly lower your risk, you must follow all of the safe-sun guidelines.

3. Wear a wide-brimmed hat

If you have to be out in the sun, cover up your skin. A wide-brimmed hat will help protect your face, neck and ears from the sun. A hat with a 6-inch brim all around is the best. Baseball caps don’t protect the back of your neck and the tops of your ears.

4. Wear sunglasses.

Wear sunglasses to protect your eyes from the sun. Choose sunglasses that block both ultraviolet-A (UVA) and ultraviolet-B (UVB) rays. Wearing sunglasses can protect your eyes from cataracts.

Wear protective clothing, such as long-sleeved shirts and long pants made of tightly woven fabric. If the clothes fit loosely they will be cooler. Special sun-protective clothes are available from several companies, like Solumbra Sun Precautions (phone: 1-800-882-7860).

5. Don’t try to get a tan.

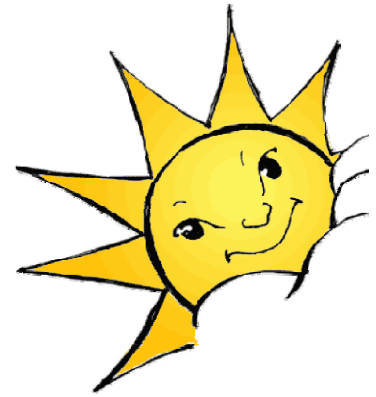
Don’t use tanning salons. Tanning booths damage your skin just like real sunlight does.

What else?

Some doctors think it’s a good idea to do a monthly skin check. Ask your doctor about this. If your doctor thinks it’s a good idea for you, check your skin once a month for signs of skin cancer, such as moles. The earlier skin cancer is found, the greater the chance that it can be cured. Try doing your skin check on the same date every month. Pick a day that you can remember, like the date of your birthday or the day you pay bills.

Stand in front of a full-length mirror and use a hand-held mirror to check every inch of your skin, including the bottoms of your feet and the top of your head. Have someone help you check the top of your head. Try using a blow-dryer set on low speed to move your hair.

Look for any change in a mole or the appearance of a new mole. Any moles that appear after age 30 should be watched carefully and shown to your doctor.



“Safe-Sun” Guidelines

The “ABCDE” rule can help you look for signs of skin cancer. When looking at moles on your skin, look for the following:

‘ABCDE’ Rule

Asymmetry:	When both sides of a mole don't look the same.
Border:	The edges of a mole are blurry or jagged.
Color:	The color of a mole changes—if it's darker than before, the color spreads or goes away, or more than one color appears (blue, red, white, pink, purple or gray).
Diameter:	When a mole is larger than a quarter of an inch in diameter (about the size of a pencil eraser).
Elevation:	When a mole is raised above the skin and has a rough surface.

IMPORTANT - Watch for:

- 1 A mole that bleeds
- 2 A mole that grows fast
- 3 A scaly or crusted growth on the skin
- 4 A sore that won't heal
- 5 A mole that itches
- 6 A place that feels rough like sandpaper

If you notice a mole that has changed, or if you have a new mole that doesn't look like your other moles, visit your doctor. Skin cancer can be treated successfully if it's treated early.



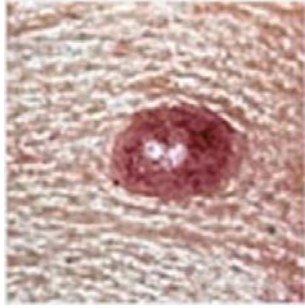







American Academy
of Family Physicians

TODAY'S FAMILY PHYSICIAN - SPECIALIZING IN ALL OF YOU.

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How to Recognize Skin Cancer

NORMAL MOLE	MELANOMA	SIGN	CHARACTERISTIC
		Asymmetry	When half of the mole does not match the other half
		Border	When the border (edges) of the mole are ragged or irregular
		Color	When the color of the mole varies throughout
		Diameter	If the mole's diameter is larger than a pencil eraser

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