



SKIN CANCER

COMMONLY ASKED QUESTIONS

People who work in the sun are more likely to develop skin cancer - unless they protect themselves. Here are answers to some commonly asked questions about sun protection and how you can protect yourself.

WHAT CAUSES SKIN CANCER?

Sunlight damages your skin and this damage can lead to skin cancer. Both too much sun, resulting in sunburn, and the total amount of sun a person receives over the years can cause skin cancer.

WHY DO AGRICULTURAL WORKERS GET SKIN CANCER?

People who work in agriculture tend to work many hours in the sun, so they have a greater risk of getting skin cancer than the general population.

WHAT ARE THE RISKS OF DEVELOPING SKIN CANCER?

Skin cancer is the most common form of cancer in the United States. About 1 out of 5 people in the U. S. will develop some form of skin cancer. One serious sunburn can significantly increase your risk for future skin cancer.

WHAT FACTORS INCREASE MY RISK?

If you spend a lot of time in the sun, if you have fair skin, or if you have a history of skin cancer in your family, you have a greater risk of developing skin cancer. Anyone with long hours in the sun is at risk regardless of race.

WHAT CAN I DO TO PREVENT SKIN CANCER?

Staying out of the sun is the best defense against skin cancer. If you cannot avoid the sun have regular skin exams after age 40 or sooner if you are at high risk or if skin changes are noted. Take the three steps to help reduce your risk.

WHERE CAN I FIND MORE INFORMATION ABOUT SKIN CANCER?

American Academy of Dermatology
1445 New York Ave, NW, Suite 800
Washington, DC 20005
866-503-7546
www.aad.org

National Cancer Institute
6116 Executive Blvd, Suite 300
Bethesda, MD 20892-8322
800-422-6237
<http://cancer.gov>

The Skin Cancer Foundation
245 5th Ave, Suite 1403
New York, NY 10016
800-754-6490
info@skincancer.org
<http://www.skincancer.org>

American Cancer Society, Inc.
800-227-2345
www.cancer.org

National Farm Medicine Center
Marshfield Clinic
1000 North Oak Avenue
Marshfield, WI 54449

The National Farm Medicine Center is a program of Marshfield Clinic Research Foundation, a division of Marshfield Clinic, Marshfield, Wisconsin

For more information, call us at 1-800-662-6900 or visit our web site at <http://www.marshfieldclinic.org/nfmc>



STEP ONE:

Limit the time you spend in the sun between the hours of 10 am and 4 pm.

- Whenever possible try to arrange your work schedule so that the majority of your outside work is done before 10 am or after 4 pm.
- Use machinery with cabs or shades that protect the operator if field work must be done during the middle part of the day.

STEP TWO

Wear sun protective clothing that covers your body and shades your face.

- Tightly woven long-sleeved shirts and pants
- High sun protection factor (SPF) rated clothing for intense sun exposure
- Hats with three inch or greater brims (baseball caps leave the tips of your ears and back of your neck exposed to the sun's rays)
- Sunglasses with ultraviolet A (UVA) and ultraviolet B (UVB) protection

STEP THREE

Apply broad-spectrum sunscreen with a sun protection factor (SPF) of 50 or higher.

- Select a sunscreen with UVA and UVB protection.
- Apply it 20 to 30 minutes before going outside.
- Reapply every two hours; more often if you are perspiring heavily or swimming.