



UnityPoint Health

# Save Your Skin

# TWO CONTESTS, FABULOUS PRIZES!

- January 1 – April 1, 2018

# SNAPCHAT CONTEST

- Submit a picture or video of why you will not tan. Winner will be chosen on February 15, 2018.
- Winner receives a \$100 Amazon gift card.
- #saveyourskiniowa

# PLEDGE CONTEST

- Sign our online pledge. School with the most pledges signed wins \$500 for their after prom party!
- [www.saveyourskiniowa.org](http://www.saveyourskiniowa.org)

- Dear 16 Year Old Me Video



# SKIN CANCER FACTS

- Melanoma is the most common form of cancer for young adults 25-29 years old and the second most common form of cancer for young people 15-24 years old.
- Most skin cancer deaths are from melanoma. One person dies from melanoma every hour.
- Sustaining 5 or more sunburns in youth increases lifetime melanoma risk by 80 percent.



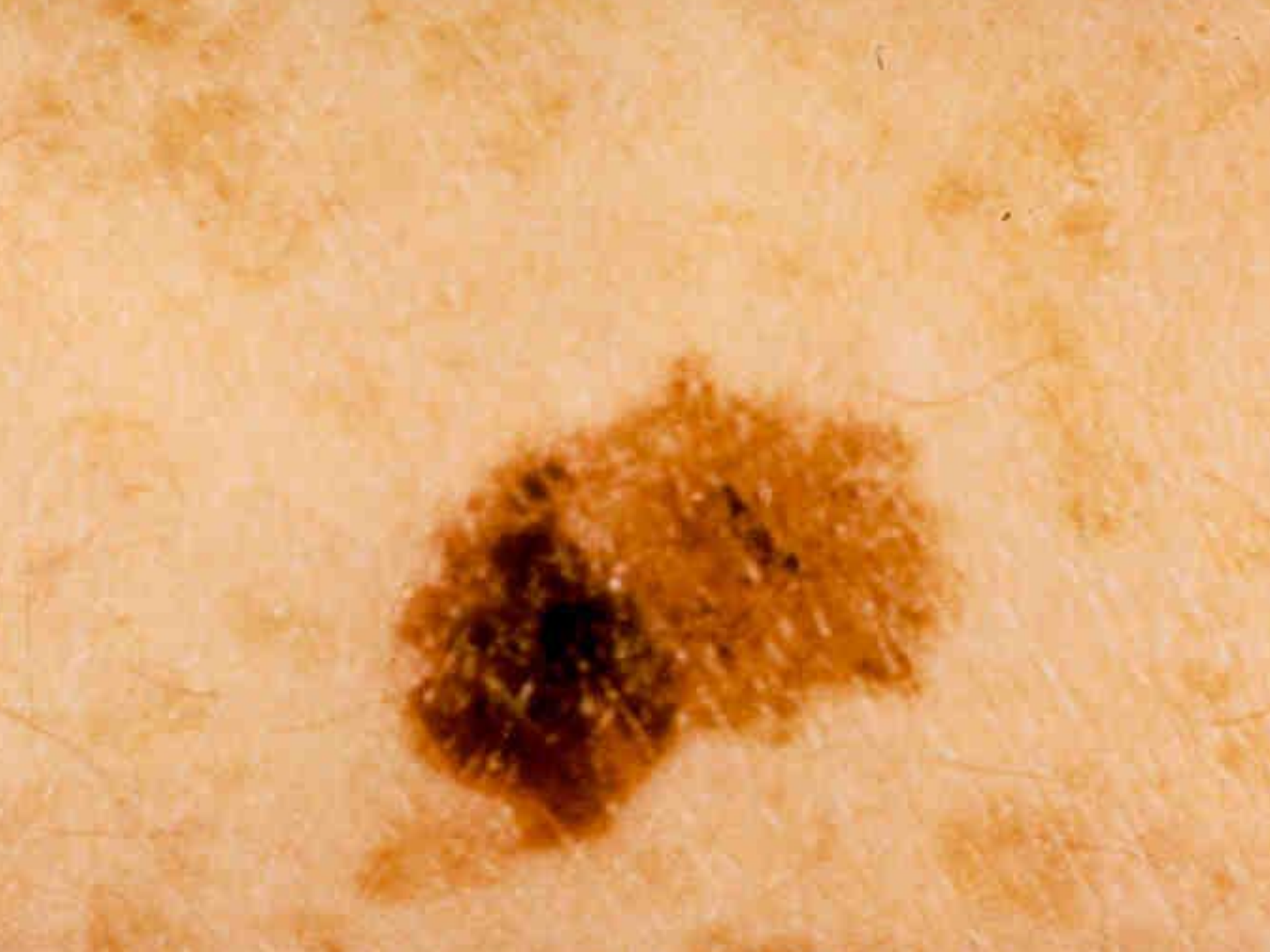
# MELANOMA

- Less common, more aggressive
- Has ability to spread to other areas of the body
- Frequently occurs on back, legs, face, neck
- May occur in unusual places such as nail beds, nasal sinuses, soles of feet
- Usually arises from a mole and may bleed

# SIGNS OF MELANOMA

- Asymmetry –  $\frac{1}{2}$  of mole doesn't match other half
- Border – ragged, notched, irregular
- Color – uneven, may be a mix of colors
- Diameter – may be larger than the size of a pencil eraser
- Evolving – a mole that changes











# OTHER WARNING SIGNS OF MELANOMA

- Scaliness, oozing, bleeding or the appearance of a bump or nodule
- Spread of pigment from the border into surrounding skin
- Change in sensation including itchiness, tenderness, or pain



# RISK FACTORS FOR MELANOMA

- Family history of melanoma
- Dysplastic nevi
- Previous melanoma or skin cancer
- Immunosuppressive therapy
- Diseases that suppress the immune system
- Many ordinary moles (>50)
- Severe blistering sunburns



# RISK FACTORS FOR MELANOMA

- Many freckles, fair skin, light eyes
- Sun sensitivity (sunburning easily, difficulty tanning, natural blonde or red hair color)
- Use of tanning beds

# TANNING BED FACTS

- One minute in the average indoor tanning machine is twice as cancer-causing as one minute in the midday sun in Cancun.
- People who first use a tanning bed before age 35 increase their risk for melanoma by 59 percent.

# TANNING BED FACTS

- A base tan is not a safe tan.





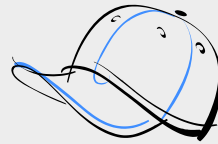
**WHEN IT COMES TO CANCER,  
ONE OF THESE THINGS IS JUST  
LIKE THE OTHER....**



# PREVENTION



**SLIP**  
on a shirt.



**SLAP**  
on a hat.



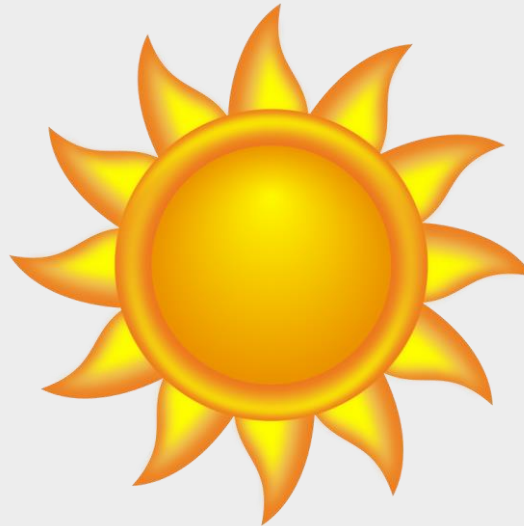
**SLOP**  
on sunscreen.



**WRAP**  
on sun glasses.

- How the Sun Sees You Video

# QUESTIONS?



# Thank You

---



# CITING

- American Cancer Society. Cancer Facts & Figures 2016. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2016/estimated-number-of-new-cancer-cases-and-deaths-by-sex-us-2016.pdf>
- Bleyer A, O'Leary M, Barr R, Ries LAG (eds): Cancer epidemiology in older adolescents and young adults 15 to 29 years of age, including SEER incidence and survival: 1975-2000. Bethesda, MD: National Cancer Institute; 2006
- Wu S, Han J, Laden F, Quereshi AA. Long term ultraviolet fluz, other potential risk factors, and skin cancer risk: a cohort study. *Cancer Epidemiol Biomar Prev*, 2014. 23(6); 1080-1089
- Lazovich D, Vogel RI, Berwick M, Weinstock MA, Anderson KE, Washaw EM. Indoor tanning and risk of melanoma: a case control study in a highly exposed population. *Cancer Epidem Biomar Prev* 2010 June; 19 (6): 1557-1568