

Having Fun in the Sun, Safely

Protecting yourself from the sun's rays is essential for maintaining your health, particularly when it comes to skin cancer prevention. Nearly 90% of non-melanoma skin cancers and 65% of melanomas can be attributed to exposure to UV radiation from the sun.

Learn how to protect yourself...

Eyes: Your eyes are exposed to danger every time you step outside. UV radiation can seriously damage the eyes over time, eventually leading to vision loss and eye conditions such as cataracts, macular degeneration, and eye cancers. UV-blocking sunglasses provide protection to your eyes, they should block 99-100% of the sun's ultraviolet radiation.

Clothing: Clothes are the body's first line of defense against UV rays, protecting the skin by absorbing or blocking much of the radiation from the sun. Long-sleeve shirts and pants worn in bright conditions can help protect against sunburn. Wide-brimmed hats can help protect the face and neck.

Shade: Staying in a shaded area on hot sunny days, especially between 10 AM and 4 PM, can be a valuable means of sun protection. However, not all shade is equally effective at protecting skin. Spending long hours in the shade can still cause damage to the skin, due to UVB rays reaching the skin despite being in a shaded area.

Tanning: Avoid tanning and never use UV tanning beds. There is no such thing as a 'safe' or 'healthy' tan, any tan means damaged skin. Tanning is the body's attempt to prevent further harm to the skin.

SUNSCREEN 101

The FDA has regulations for what information sunscreen containers can have on them and how they look.

Here is a summary for what to look for and tips on how to use sunscreen:



1 Pick sunscreen with SPF 30+



2 Choose sunscreen with broad spectrum (blocks UVA & UVB)



3 Apply 1 ounce of sunscreen

4 Apply sunscreen 30 minutes before sun exposure



5 Reapply every 2 hours (40 minutes when sweating/in water)

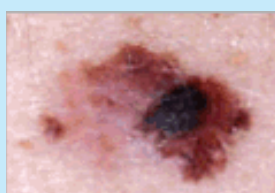


6 2x the SPF does NOT mean 2x the protection

SPF	UVB PROTECTION PERCENTAGE
15	93%
30	97%
50	98%
100	99%

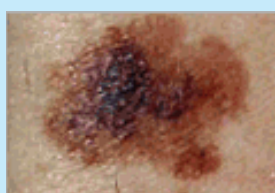
<https://www.aad.org/media/news-releases/sunscreen-101-dermatologists-answer-burning-questions-about-sunscreens>

The ABCDE's of Melanoma



A = Asymmetry

When half the mole does not match the other half



B = Border

When the border of the mole is irregular/ragged



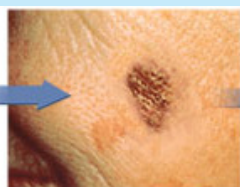
C = Color

When the color of the mole varies throughout



D = Diameter

If the diameter is larger than 6mm (pencil eraser)



E = Evolution

A mole that has gone through sudden changes in size, shape, or color

Types of Skin Cancer:

Basal Cell Carcinoma - The most common form of skin cancer, basal cell carcinoma usually appears as slow-growing, translucent, raised, pearly nodules which, if untreated, may crust, ulcerate, and sometimes bleed. If detected and treated early, there is a greater than 95 percent cure rate.

Squamous cell carcinoma - A common form of skin cancer, squamous cell carcinoma appears as nodules or red, scaly patches and can metastasize if untreated. While the cure rate is very high if treated early, squamous cell carcinoma can sometimes result in death.

Melanoma (cutaneous melanoma) - Melanoma is a disease of the skin in which cancer (malignant) cells are found in the cells that color the skin (melanocytes). It is the least common but fastest growing and most dangerous type of skin cancer. While it usually occurs in adults, it may also occasionally be found in children and adolescents.

<http://sunsafetyalliance.blogspot.com/>

A message from the Office of Health Promotion and Wellness:

West Virginia University and WVU Medicine are committed to helping all employees lead healthier, happier lives. Mental health is an important component of overall wellness. Mental health includes emotional, psychological, and social well-being. Did you know both WVU and WVU Medicine employees have access to free counseling resources to help sort through problems and seek solutions?

The **WVU Faculty and Staff Assistance Program** is available to all active and retired University administrators, faculty, staff, and dependents. Each employee or dependent is eligible for three free visits per year with a FSAP counselor and all services are strictly confidential. Common reasons for seeking support include stress, depression, substance use concerns, marital concerns, and money issues. To schedule an appointment, contact the FSAP office at 304-293-5590.

The **WVU Medicine Employee Assistance Program** offers support to employees, members of their household, and dependents up to the age of 26. This is a free and confidential benefit for all WVU Medicine employees. EAP counselors can help with several problem areas, including social development, work-life balance, anxiety, and stress management. The EAP staff is available 24 hours a day, 365 days a year. To access this free resource, call 1-800-865-3200.