SUN SAFETY

For more information about sun safety and cancer prevention, visit www.gannett.cornell.edu and search for “skin cancer.”
Avoid unprotected exposure at any time, including tanning beds, and seek shade.

Wear sun protective clothing including long sleeves, a hat, and UV protective sunglasses.

Apply broad spectrum sun screen with a sun protection factor (SPF) of 30 or higher. Reapply every 90 minutes.

Routinely check your skin for changes, report any concerns to your doctor.

Educate others.
SKIN CANCER: DID YOU KNOW?

- 1 in 5 Americans (20%) will develop skin cancer in the course of a lifetime.
- Every hour 1 American dies from melanoma, the deadliest form of skin cancer.
- A single exposure to tanning beds in youth increases the risk of melanoma by 75%.
EARLY DETECTION IS YOUR BEST DEFENSE

A. ASYMMETRY
   One half unlike the other half.

B. BORDER
   Irregular, scalloped or poorly defined border.

C. COLOR
   Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.

D. DIAMETER
   While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See ruler below for a guide.

E. EVOLVING
   A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:
HOW TO APPLY SUNSCREEN

- Use a waterproof, **broad spectrum** sunscreen with **SPF 30** or higher. Apply 1 oz of sunscreen (enough to fill a shot glass) 30 minutes before exposure.

- Cover all exposed surfaces, including tops of ears, lips, scalps where there is thinning or no hair, noses, feet, and bony surfaces.

- Reapply sunscreen every 90 minutes—or immediately after swimming, surfing, or sweating.

Sunscreen may be purchased at the Cornell Store and the Gannett Pharmacy on campus.
SKIN SAFETY FOR DARKER SKIN TYPES

- Although it is more rare, people of color CAN get sunburned and CAN get skin cancer.

- Because of the myth that people with darker skin are immune, African Americans with melanoma are usually diagnosed at a later stage, when the disease is harder to treat.

  + Did you know: Bob Marley died of an aggressive form of melanoma on his toe?

- People of color should follow the same precautions as caucasians to prevent skin cancer: Be SunAWARE.
Both of these tattoos were exposed to the same amount of sunlight for the same length of time. The one on the left had SPF40 sunscreen on it; the one on the right was unprotected.