On May 4, 2015 Matthew Bremmer MD, a dermatologist at Southlake Clinic and Christina Threlkeld, a certified oncology aesthetician presented a discussion about skin cancer prevention to an audience of Renton citizens interested in learning about what they could do to reduce their risks of skin cancer.

Eleven of the 18 attendees had already experienced a blistering sunburn sometime in their lives. Fifteen of the 18 already used sunscreen. The strength of their sunscreens differed significantly with only 2 using sunscreens of SPF 15, nine using SPF 30, and 4 using sunscreens of SPF >45. Only 2 participants reapplied sunscreen after the first application. Three participants admitted to using tanning booths with one of them doing so more than once per week. Dr Bremmer discussed the risks of associated with skin cancer.
SUN SAFETY PACKING LIST

Don't Fry Day
Friday, May 22, 2015

Vital Sun Safety-Related Items to Pack to Protect You and Your Loved Ones

- A wide-brimmed hat
- A broad-spectrum sunscreen with a Sun Protection Factor of 30 or higher (in your checked luggage if you are travelling via airline)
- Sunglasses
- Lip balm
- An umbrella
- Long-sleeved, light-weight shirts and pants
- A list of museums/other indoor sites to visit during the sun’s peak UV hours (between 10 and 4)

Helpful Hints:

Generously Apply Sunscreen

Generously apply sunscreen to all exposed skin using an SPF of at least 30 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

Wear Protective Clothing

On days when it is hotter outside than it is in your body, clothing insulates you from heat as it does from cold. Wearing light-colored, lightweight clothing, a wide brimmed hat, and sunglasses prevents heatstroke and sun damage in several ways:

- By reflecting sunlight away from the skin and eyes without absorbing so much of the heat.
- By keeping natural oils or lotions where they belong, on your body, rather than being evaporated into the air along with your sweat.
- By preventing these oils from being exposed to the heat and sunlight where they can fry.

Light-colored, lightweight clothing wicks some of the sweat away from the skin to keep you comfortable, but retains enough of it to help the sweat do its job of keeping you cool. In many other warm parts of the world, people dress modestly in summer for religious reasons and still manage to keep cool.

Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

Watch/Listen for the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun.

Get Vitamin D Safely

Get vitamin D safely through a diet that includes vitamin supplements and foods fortified with vitamin D. Don’t seek the sun.

Seek Shade

Seek shade when appropriate remembering that the sun’s UV rays are strongest between 10 a.m. and 4 p.m. Remember the shadow rule when in the sun: Watch Your Shadow. No Shadow, Seek Shade!

Email: dontfryday@skincancerprevention.org
Skin Cancer: Treatable and Beatable with Early Detection

Is getting a skin cancer screening important?
Yes. The most common types of skin cancer, basal cell carcinoma (BCC) and squamous cell carcinoma (SCC), can be cured if caught early and properly treated. When melanoma, the deadliest form of skin cancer, is detected and treated early, it has a high cure rate. Early detection offers the best chance of cure for all skin cancer types.

If something suspicious is found during your skin cancer screening, you should immediately make an appointment to see a dermatologist for a follow-up examination.

Who gets skin cancer?
Each year, millions of people get skin cancer. Anyone can get skin cancer. This is why more than 2,000 dermatologists volunteer their time each year to conduct free skin cancer screenings. When caught early and with proper treatment, skin cancer can be cured.

What does skin cancer look like?
- **ACTINIC KERATOSIS (AK)**
  - These dry, scaly patches or spots on the skin are precancerous growths.
  - People who get AKs usually have fair skin.
  - Most people see their first AKs after 40 years of age because AKs tend to develop after years of sun exposure.
  - AKs usually form on skin that gets lots of sun exposure, such as the head, neck, hands, and forearms.
  - Because an AK can progress to a type of skin cancer called squamous cell carcinoma (SCC), treatment is important.

- **BASEAL CELL CARCINOMA (BCC)**
  - This is the most common type of skin cancer.
  - BCCs frequently develop in people who have fair skin, yet they can occur in people with darker skin as well.
  - BCCs are red, firm, raised, or red, and can feel like a firm lump or a thickened, knobby patch of skin.
  - BCCs develop after years of sun exposure or indoor tanning.
  - BCCs are common on the head, neck, and ears, and can form anywhere on the body, including the chest, abdomen, and legs.
  - Early diagnosis and treatment for BCC are important. BCC can invade the surrounding tissue and grow into the nerves and bones, causing damage and disfigurement.

- **SQUAMOUS CELL CARCINOMA (SCC)**
  - SCC is the second most common type of skin cancer.
  - People who have light skin are most likely to develop SCC, yet they can develop in darker-skinned people.
  - SCC often looks like a red firm bump, scaly patch, or a sore that heals and then re-opens.
  - SCCs tend to form in skin that gets frequent sun exposure, such as the rim of the ear, face, neck, arms, chest, and back. SCC can grow deep in the skin and cause damage and disfigurement. Early diagnosis and treatment can prevent this and stop SCC from spreading to other areas of the body.

- **MELANOMA**
  - Melanoma is the deadliest form of skin cancer.
  - Melanoma frequently develops in a mole or suddenly appears as a new dark spot on the skin.
  - Early diagnosis and treatment are crucial.
  - Knowing the ABCD/E warning signs of melanoma can help you find an early melanoma.

- **A** Stands for Asymmetry: one half is unlike the other half.
- **B** Stands for Border: irregular, scalloped or poorly outlined border.
- **C** Stands for Color: varied from one area to another, shades of tan and brown, black, sometimes white, red or blue.
- **D** Stands for Diameter: white melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be serious.
- **E** Stands for Evolving: a mole or skin lesion that looks different from the rest or is changing in size, shape, or color.

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Following the presentation, the audience shared their impressions of the event. They unanimously stated that they would use sunscreen more often. Those using tanning booths stated that they would stop this practice and 15 stated that they would advise family and friends not to use them. Additionally, they all stated that they would monitor their own skin and advise family and friends to look for skin changes suggestive of cancer. Half of the audience stated that they would reapply sunscreen every 2 hours. The attendees commented that this was a helpful and informative presentation.
Join Us! FREE Skin Cancer Screening

Valley Medical Center & Southlake Clinic are teaming up to offer this important screening:

May 14, 2015, 12:15-2:15pm
4011 Talbot Rd S, Suite 460, Renton
RSVP today at 425.656.5334