

## **Family Medicine Project: Skin Cancer Information & Prevention Smart Phrase for Prism Electronic Medical Record:**

### **Sun Protection Recommendations:**

- Sun's UV rays strongest between 10AM-2PM – seek shade.
- Sun's UV rays are intensified near water, snow, and sand – use sunscreen.
- Clouds, rain, and snow do not block the sun's harmful rays – use sunscreen.
- Apply broad-spectrum, water-resistant sunscreen with sun protection factor (SPF) of 30 or greater to all sun exposed skin 30 minutes before going outside.
- To cover entire body use a palm full (1 ounce) of sunscreen.
- Reapply sunscreen every 2 hours especially after swimming or perspiring.
- Protect lips with lip balm with SPF of 30 or greater.
- Wear long-sleeved shirts, pants, wide-brimmed hats, and sunglasses for added protection.
- American Academy of Dermatology recommends obtaining vitamin D through diet or supplements and not sun exposure.

### **Skin Cancer Prevention:**

- All tanning is dangerous; tanned skin = damaged skin
- Ultraviolet radiation emitted by the sun and tanning beds is recognized as causing cancer.
- Having at least 1 severe, blistering sunburn increases one's risk of melanoma.
- Vermont outlawed indoor tanning for those under the age of 18 in 2012.
- **ABCDE's of Melanoma:** examine moles or other skin lesions
  - *A*symmetry: one part is different from the other part
  - *B*order: irregular, scalloped borders
  - *C*olor: shades of various colors (tan, black, red, white, blue)
  - *D*iameter: >6mm (bigger than a pencil eraser)
  - *E*volving: changing over time or looks different than other marks on the skin

### **Additional Resources:**

- [www.cancer.org](http://www.cancer.org)
- [www.SpotSkinCancer.org](http://www.SpotSkinCancer.org)