

Sense In The Sun

This packet contains three different types of activities that provide information about protecting your skin from the sun. For your convenience a resource order form is included at the end of the packet.

Program Contents:

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Like a Raisin in the Sun

What You Need:

enough grapes and raisins for everyone to have 2-3,
Sun Basics: Skin Protection Guide for Everyone Under the Sun! brochures
(code PN2012, and poster code LPN2112)

- Hand out raisins, grapes.
- **Ask the audience:** “What is the difference between grapes & raisins?”
- **Answer:** Human skin reacts the same way grape skin reacts when too much time is spent in the sun without protection. Most importantly, the damage caused by the sun can result in the formation of skin cancer.
- How can you protect yourself?
 1. Limit the time you spend outside between the hours of 11 a.m. and 3 p.m.
 2. Wear protective clothing like a light cotton long-sleeved shirt and a hat.
 3. Wear sunscreen that has a minimum SPF of 15.
- Pass out the brochure *Skin Protection Guide for Everyone Under the Sun!*
For more detailed information, people can call the American Cancer Society toll free at 1-800-ACS-2345.

Hat Activity

What You Need:

newspaper, scissors, glue, *Sun Basics: Skin Protection Guide for Everyone Under the Sun!* brochures (code PN2012), *Sun Basics: Skin Protection for Everyone Under the Sun!* poster (code LP1906.02)

- “Today we are going to talk about protecting our skin from Nose-to Toes.”
- I’m getting dressed to go outside. What do I wear to protect myself from the sun?
Answer: A long sleeve shirt, a hat, and sunscreen.
- “What attributes do hats protect?”
Answer: Crown, ears, neck, face, nose.
- Divide everyone into small groups and design a hat to protect these attributes. (Pass out scissors, tape, and newspaper)
- Discuss the need to cover up in the sun.
- Hand out *Sun Basics: Skin Protection Guide for Everyone Under the Sun!*.

Check for Change

What You Need:

assorted castoff clothing items; hats, scarves, jewelry, gloves, etc. *Sun Basics: Skin Protection Guide for Everyone Under the Sun!* brochure (code PN2012).

- Pair up group and give participants 30 seconds to look at their partner and observe their appearance, especially clothing.
- Have one person turn their back to the speaker and close their eyes.
- Have the other person change an article of clothing or use the cast off clothing items.
- Allow the person whose eyes were closed look for the clothing change for 30 seconds.
- Pass out the *Sun Basics: Skin Protection Guide for Everyone Under the Sun!* brochure.
- Inform them of the need to look for changes in the skin's appearance – changes can be signs of skin cancers.
- Stress the need to see a doctor if one of the changes discussed persists for a week or more.

Short but Sweet

What You Need:

enough cookies for all participants including half-a-dozen burned (crispy) cookies, *Sun Basics: A Parent's Guide to Sun Protection* brochure (code PN2012.04).

- Pass out a tray of cookies, some of which are burned.
- Don't eat the cookies until everyone has one.
- Notice that the burned cookies are the last to be chosen.
- Make your point: "No one likes to go out with a burned cookie!"
- Notice that the smaller the cookie is, the more likely it is to be burned – small children burn easier than adults, fair skinned people burn easier as well.
- Hand out stickers

Additional idea: Show the *Slip, Slop, Slap* video (code SV55).

Slip, Slop, Slap

HEALTH TIP: Everyone should avoid over-exposure to the sun by wearing a shirt, sunscreen, and hat.

- MATERIALS OR PROPS:
- One wide brimmed hat.
 - One loose fitting long sleeved shirt.
 - One tube of sunscreen lotion.
 - American Cancer Society pamphlet #901, *Sun Basics: Skin Protection Guide for Everyone Under the Sun!* (Code PN2012).

ACTIVITY

1. Show the audience your hat, your shirt, and your sunscreen.
2. While the audience responds and if it is appropriate to your setting, put these items on to demonstrate their use.
3. Deliver your message.
4. Ask your audience to repeat "Slip, Slop, Slap".
5. Ask your audience to repeat "Slip on a shirt, Slop on sunscreen, Slap on a hat".
6. Hand out the American Cancer Society pamphlet.

YOUR MESSAGE

1. Ask your audience what these three things have in common.
2. The answer is that all three items can protect you from the harmful rays of the sun.
3. All men, women, and children should avoid overexposure to the sun in order to protect themselves from skin cancer. This is the most common type of cancer, but luckily it can be easily cured if treated early and before it has spread. Always use a sunscreen with an SPF factor of 15 or greater.
4. Remember to always slip, slop, slap when you go into the sun.
5. Everyone should avoid over-exposure to the sun by wearing a shirt, applying sunscreen to visible areas, and putting on a hat.
6. The pamphlet I am handing will describe the dangers of sun exposure in greater detail. For more information you can call the American Cancer Society toll free at 1-800-ACS-2345.



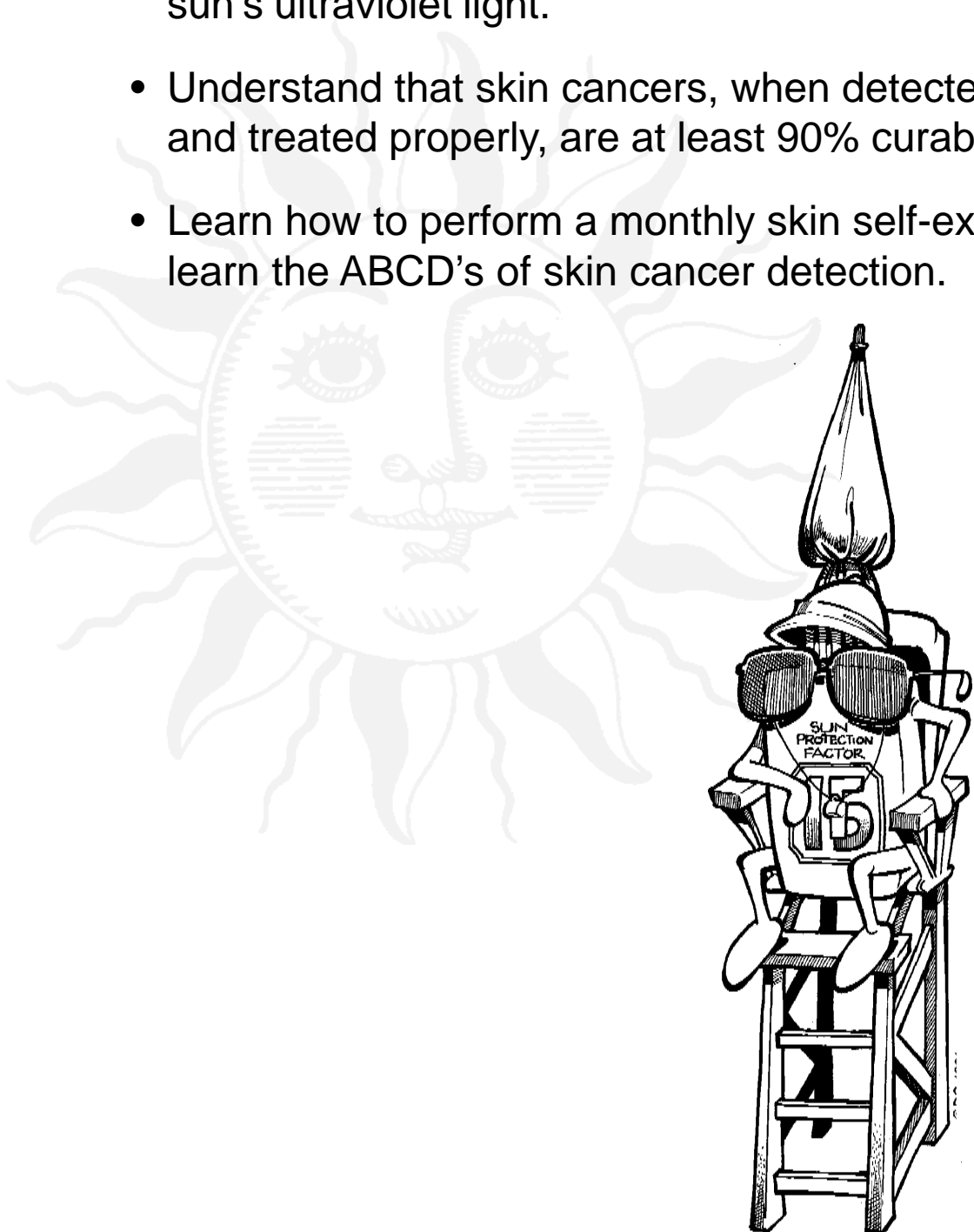
Presentation Guide

The following outline is provided for your convenience. Feel free to promote and execute your program as directed or modify it to fit your needs and style.

- A. Introduce yourself and let the audience know this is an American Cancer Society program. Relate any pertinent personal experiences, expertise, and/or motivation you have for addressing this group.
- B. Introduce the programs three main goals in the “*See the Light*” transparency (page 8).
- C. Distribute copies of the *Skin Cancer Risk Assessment* (page 9) and ask participants to fill out the short questionnaire. Discuss each of the risk categories and encourage audience participation.
- D. Continue discussion using the *Skin Cancer Facts* transparency (page 10).
- E. Alert skin cancer survivors and those who know survivors to be particularly careful with the *Once is Enough* transparency (page 11).
- F. Discuss the importance of self-exam using the *Skin Cancer Signs and Symptoms* (page 12) as well as the *ABCDs of Skin Cancer Detection* transparencies (page 13). You can also pass out the brochure “*Why You Should Know About Melanoma*” (PN2619).
- G. Stress preventative measures found in the *Skin Cancer Prevention/Early Detection Tips* transparency (page 14).
- H. Alert parents to the extra sun care necessary with children. You can use *Sun Care Tips for Children* (page 15) as a handout.
- I. Summarize the presentation using the *Main Messages* transparency (page 16).
- J. Inform the participants that the American Cancer Society is available to answer questions about cancer and provide other general information. Just call them at **1-800-ACS-2345!**

See The Light

- Be aware of the harmful effects of the sun's ultraviolet light.
- Understand that skin cancers, when detected early and treated properly, are at least 90% curable.
- Learn how to perform a monthly skin self-exam and learn the ABCD's of skin cancer detection.



Skin Cancer Risk Assessment

SKINCANCERRISKASSESSMENT

Risk factors are those characteristics that are more frequently found in persons with a specific cancer than in persons without that cancer. The following items are risk factors for SKIN CANCER. Answer "yes" or "no" to each question to assess your personal risk factors for skin cancer.

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Did you experience a severe, blistering sunburn before the age of 18? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your job require frequent sun exposure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you live in the southern United States? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you or have you used tanning beds or sunlamps? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you sunbathe? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have outdoor recreational hobbies? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Is your natural hair color blond, red, or light brown? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Is your natural eye color green, hazel, gray or blue? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Is your skin freckled and or fair? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you sunburn easily? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you been exposed to creosote, coal pitch tar, arsenic, lubricating or cutting oils on your job? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have you had x-ray treatment to the skin for acne or another skin condition? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Have you had a skin cancer in the past? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Have you ever had a precancerous skin lesion removed or treated? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Have any of your family members had a skin cancer? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Have you had a severe burn to the skin that resulted in scar formation? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Were you born with a birthmark larger than 7 inches? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Do you wear sunscreen less than half the time when outdoors? | <input type="checkbox"/> | <input type="checkbox"/> |

All "yes" answers are considered to be risk factors for skin cancer.
You can change many of your risk factors!

RISKFACORSFORSKINCANCER

Heavy Lifetime Sun Exposure (Questions 1-6): Repeated overexposure to the ultraviolet rays of the sun is the principal cause of most skin cancers. Risk increases for those who are heavily exposed to the sun in their occupations, including farmers, sailors, and road and construction workers. Risk also increases for those whose recreational activities involve heavy sun exposure, such as swimming, skiing, golfing and jogging. Tanning salons emit ultraviolet radiation which add to the skin damage caused by the sun, contributing to skin cancer formation. People who have experienced a severe, blistering burn before the age of 18 are at increased risk for developing melanoma, the most serious form of skin cancer.

Skin Pigmentation (Questions 7-10): Fair-skinned people are at increased risk, especially those with blond, red or light brown hair and light-colored eyes (blue, gray, hazel or green). Those of Celtic (Scottish, Irish) descent are at higher risk. Fair-skinned persons are at greatest risk, although it is important to remember that anyone can develop skin cancer.

Exposure to Chemical Carcinogens (Question 11): Those with occupational exposure to paraffin waxes, anthracin soot, lubricating or cutting oils, mineral oils, creosotes, coal pitch tar, or previous exposure to arsenic are at increased risk. Examples of workers at occupational risk may include roofers, road repair workers, insecticide makers or sprayers, coal miners, tar distillers, or machine operators exposed to lubricating oils.

History of Superficial X-Ray Treatment (Question 12): A history of x-ray treatments for acne, psoriasis, fungal conditions, or to remove unwanted hair, particularly when in combination with heavy sun exposure, may increase one's risk of developing skin cancer.

Personal or Family History of Skin Cancer (Questions 13-15): People who have had a previous skin cancer or precancerous lesion are at increased risk for developing skin cancer. People who have a family member with melanoma are at increased risk for developing melanoma themselves.

Birthmarks and Burn Scars (Questions 16 & 17): Persons born with a birthmark larger than seven inches ("giant congenital nevus") are at increased risk for melanoma formation later in life. A severe burn to the skin due to fire or chemicals increases risk for developing skin cancer in the scarred skin.

REDUCINGYOURRISKFORSKINCANCER

Cover Up with a wide-brimmed hat, and a bandana for your neck; wear long-sleeved shirts and pants the sun can't penetrate.

Use Sunscreens with a Sun Protective Factor (SPF) rating of 15 or higher. Apply sunscreen at least an hour before going into the sun and again after swimming or perspiring. Avoid indoor sunlamps or tanning booths.

Know the Ways of the Rays you *may* get burned on a cloudy day. And the sun's rays can reach down into three feet of water. Avoid the direct sun at midday, as the sun's rays are strongest between 11 a.m. and 2 p.m. And beware of high altitudes — there is less atmosphere to filter out the ultraviolet rays. Snow reflects the sun's rays, too.

KNOWYOURSKIN

Whatever your skin type, do a monthly self-exam of your skin to note any moles, blemishes or birthmarks. Check them once a month and if you notice any changes in size, shape or color or if a sore does not heal, see your physician without delay.

Skin Cancer Facts

- Skin cancer is the most common of all cancers.
- Skin cancer most often occurs among older, more fair-skinned people. It is rare among African Americans.
- The two slowest growing, and most common, skin cancers—basal cell and squamous cell—are curable with simple surgery nearly 92% of the time.
- The good news is that even the more serious melanoma skin cancer, when detected and treated early, has a 92% survival rate. Nearly 82% of all melanomas are diagnosed in an early stage.

**THE SUN CAUSES
MOST SKIN CANCERS—
So, have sense in the sun!**

Once Is Enough!

But... former skin cancer patients are at high risk for recurrence...

- If you have had skin cancer, it is time to consider throwing in your beach towel! According to findings of the Skin Cancer Prevention Study Group, funded in part by the American Cancer Society, people who have had skin cancer have a high rate of recurrence and are at greater risk for developing a skin tumor of the same type.
- The 1,800 individuals who participated in the study, all with previous non-melanoma skin cancer, had a 17% risk of developing another lesion within one year, and a 50% risk within five years.
- Sunbathing and the use of sun lamps were both linked with recurrence.

So, if once is enough, make the changes that will make the difference!

Skin Cancer

Signs and Symptoms

- Any unusual skin condition
- Change in the size or color of a mole or other darkly pigmented growth or spot
- Scaliness, oozing, bleeding, or change in the appearance of a bump or nodule
- Spread of pigmentation beyond the border of a mole
- Change in sensation, itchiness, tenderness or pain in an area of the skin

ABCD's of Skin Cancer Detection

Melanomas often start as small, mole-like growth that increase in size, change of color, become ulcerated, and bleed easily from a slight injury. If you observe any of the following ABCD's with a mole, have it checked promptly.

A = Asymmetry Asymmetry is when one half of the mole does not match the other.

B = Border Is there border irregularity? Are the edges ragged, notched, or blurred?

C = Color Color should be uniform. Pigmentation should be the same throughout the mole.

D = Diameter Any sudden or continuing increase in size should be of concern.

Skin Cancer Prevention & Early Detection Tips

- Avoid or limit exposure to the sun between the hours of 11 a.m. and 3 p.m. – when ultraviolet rays are the strongest.
- Wear protective clothing and use sunscreen whenever you are exposed to the sun.
- Beware of overcast days when the sun’s damaging rays can still reach you.
- Do not use sunlamps, tanning parlors or tanning pills.
- Children, in particular, should be protected from the sun because of the link between severe sunburn in childhood and increased risk of melanoma.
- Seek professional advice if new growths or any changes in the appearance of the skin color occur.
- Practice skin self-examination once a month, and have any suspicious lesions or changes checked promptly.
- Seek a dermatologist’s advice if a sudden change occurs in a mole.

Sun Care Tips for Children

Sensible sun protection habits in children can significantly reduce their chances of developing skin cancer as adults. Research suggests that childhood and adolescent sunburns are twice as likely to lead to skin cancer as sunburns occurring later in life. It is projected that one out of 105 children today could develop malignant melanoma. By the year 2000, that figure could reach one in 75. Some estimates show that by using a SPF 15 sunscreen regularly, this risk may be reduced by as much as 78%.*

Since ultraviolet light has a cumulative effect, even moderate exposure should be accompanied by proper protective measures. More common skin cancers—basal cell and squamous cell—are believed to be linked to sun exposure throughout life.

- Use sunscreens on children as young as six months old unless your physician indicates otherwise; keep infants younger than six months out of direct sunlight.
- Limit children's sun exposure during the peak intensity hours of 11 a.m. to 3 p.m. and take children out of the sun at regular intervals.
- Always keep an infant's head covered when in the sun; try to make sure older children wear a cap or visor. Dress children in protective clothing such as pants and long-sleeved shirts when they are going to be in the sun for extended periods of time.
- Use sunscreens even when in shaded areas to protect against reflected sunlight. Be sure children use sun protection even on cloudy or overcast days.
- Protect sun-sensitive areas such as face, ears, neck, upper chest and arms daily with a high SPF sunscreen. Apply before any outdoor activity. Reapply liberally and frequently.
- Use waterproof sunscreens when swimming and reapply after toweling off. For sensitive young skin, use products that are hypoallergenic.
- Do not stop using sunscreens after youngsters have begun to tan. Tanned skin is not sufficient natural protection against the sun's ultraviolet rays.
- Teach older children to get into the habit of using sunscreens daily and educate them about the importance of avoiding sunburn. Set an example by practicing preventative sun and skin care habits yourself.

* Schering-Plough Health Care Products

Main Messages

- Skin Cancer is the most common form of cancer, but it is also the most preventable and curable cancer if detected early.
- The sun causes most skin cancers – so have Sense in the Sun!
- Every person should check his/her skin monthly looking for changes in the skin that may be suspicious. If you are not sure about a mole or skin pigment on your skin, ask your doctor about it on your next visit.
- It is especially important to guard children against sun exposure. Fair skinned people should also be particularly careful in the sun.
- The only way to reduce your skin cancer risk is to reduce your sun exposure!
- Natural protection is the best protection – hats, clothes, etc. Sunscreens are a reinforcement, not a substitute, for natural protection.

Interactive Ideas:

IDEAS:

1. Hand out suntan lotion or coupon.
 - Place LPN2112 Sun Basics poster at location or be a poster person.
2. Bandaid Game
 - a. Handout bandaids with colored dots on them; 75% are flesh colored, 20% are a second color, 5% a third color. Explain that the color of dot represents skin cancer statistics. Be sure to tell participants to share this with others.
 - b. Everyone is awarded sunscreen for wearing the bandaid the entire day.
 - c. There are three types of skin cancers:
Superficial, deep, and deepest.
 - d. 75% of skin cancer patients will have superficial, easily treated, slow growing cancers.
 - e. 20% will have more aggressive skin cancers.
 - f. 5% will develop melanomas, the most dangerous form.
3. Face painting contest with sunscreen at the company picnic (or with kids at school).

Message: You become a health educator when you share the message about the risks involved with sun exposure.