

## Recommendations

For You and Your Family:  
Get It Together for  
Sun Safety

-  Limit time spent in the sun.
-  Avoid the sun's rays between 10:00 am-3:00 pm.
-  Apply a sunscreen with a sun protection factor (SPF) of 15 or greater every day of the year.
-  Wear clothing that protects the skin—long sleeves and long pants, a wide-brimmed hat, and sunglasses.
-  Stay in the shade whenever possible—find shade trees and ramadas, or bring an umbrella.
-  Avoid artificial tanning from booths, beds, or lamps.
-  Be careful not to get a sunburn.
-  Examine your skin regularly.
-  Make sun safety a family habit.

## For More Information...

**Call** the Family Sun Safety Project at 318-7100

**Call** the Arizona Cancer Center at (520) 626-7935 in Tucson or 1-800-622-COPE from elsewhere in Arizona

**Talk** to a dermatologist, a doctor who treats skin diseases

**Contact** the National Cancer Institute at 1-800-4-CANCER; or

Contact your local chapter of the American Cancer Society or call 1-800-ACS-2345

## ARIZONA<sup>®</sup> CANCER CENTER



a National Cancer Institute-designated comprehensive cancer center at  
The University of Arizona  
Health Sciences Center  
1515 North Campbell Avenue  
Tucson, Arizona 85724

# Adopt The Sun Safety Habit For Good Health



**Y**ou are at great risk for skin cancer. Your loved ones are also at great risk for skin cancer.

Because you live in Arizona you are at much greater risk than you think!

Skin cancer is a grotesque growth of skin cells. When a person gets too much sun, the deadly radiation in sunlight will actually distort a part of the cell (the DNA or genetic material) so that the cell makes new abnormal cells instead of healthy ones.

Skin cancer is the most rapidly spreading form of cancer. The occurrence rate of skin cancer has literally doubled since the 1970s. In fact, skin cancers are now more frequently diagnosed than all other cancers combined. And one in six Americans will develop skin cancer during their lifetime. Sadly, about 9,300 Americans will die from melanoma, an extremely deadly type of skin cancer, this year alone.

Alarming, Arizona's rate of skin cancer is the greatest in the country. Over 30,000 Arizonans are afflicted with skin cancer each year. Distressingly, this translates to over 80 Arizonans a day who contract skin cancer. Arizona's low latitude, high elevation, and clear skies put everyone in Arizona in extreme jeopardy of developing skin cancer.

Overwhelming evidence verifies that more than 95% of all skin cancers in the U.S. are caused directly by exposure to ultraviolet light or sunlight. Arizonans are dangerously vulnerable due to their frequent sun exposure. We spend too much of our time, leisure and otherwise, in outdoor activities such as hiking, bicycling, boating, and swimming which over expose us to the sun.

As parents, you must be aware that protecting your family from skin cancer is something you can do for them everyday. The decisions you make










daily—about what your children wear or the activities they engage in—are critical ways you can keep your family healthy and cancer-free.

With so much time spent outdoors we are bombarded by the sunlight that causes skin cancer. Any good parent will practice sun safety behaviors to maintain the healthy and cancer-free skin of their family.



## Recommendations

For You and Your Family:  
Get It Together for  
Sun Safety

-  Limit time spent in the sun.
-  Avoid the sun's rays between 10:00 am-3:00 pm.
-  Apply a sunscreen with a sun protection factor (SPF) of 15 or greater every day of the year.
-  Wear clothing that protects the skin—long sleeves and long pants, a wide-brimmed hat, and sunglasses.
-  Stay in the shade whenever possible—find shade trees and ramadas, or bring an umbrella.
-  Avoid artificial tanning from booths, beds, or lamps.
-  Be careful not to get a sunburn.
-  Examine your skin regularly.
-  Make sun safety a family habit.

## For More Information...

**Call** the Family Sun Safety Project at 318-7100

**Call** the Arizona Cancer Center at (520) 626-7935 in Tucson or 1-800-622-COPE from elsewhere in Arizona

**Talk** to a dermatologist, a doctor who treats skin diseases

**Contact** the National Cancer Institute at 1-800-4-CANCER; or

**Contact** your local chapter of the American Cancer Society or call 1-800-ACS-2345

## ARIZONA<sup>®</sup> CANCER CENTER



a National Cancer Institute-designated comprehensive cancer center at  
The University of Arizona  
Health Sciences Center  
1515 North Campbell Avenue  
Tucson, Arizona 85724

# Keep Your Family Safe In The Sun





A healthy lifestyle is critically important for you and your family. But you aren't nearly as healthy as you think.

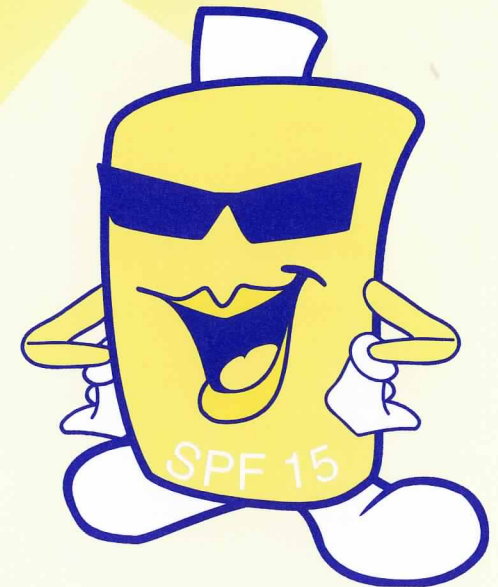
America's current health craze has us eating better and exercising more. However, what is frequently overlooked is the absolute necessity of healthy skin. The skin regulates body temperature, stores water, protects the body from injury, and acts as a sensor of the environment. Healthy skin is a crucial aspect of overall health.

Unfortunately, most people value time in the sun over the health of their skin. Arizonans are dangerously at risk for skin damage due to their constant sun exposure. We spend most of our time, leisure and otherwise, in outdoor activities such as hiking, bicycling, boating, and swimming. Plus, Arizona's low latitude, high elevation, and clear skies put everyone at an immediate risk for skin damage such as skin cancer.

Living well under the sun, however, means being alert to the extreme dangers of sun exposure and respecting them. But, most people foolishly believe tanned skin is healthy skin. Tanned skin is not a sign of good health. It is a sign of irreversible damage. A tan is your skin's response to overexposure to the dangerous ultraviolet radiation in sunlight. Besides causing a tan, overexposure to the sun's rays will cause wrinkles, premature aging of the skin, and skin cancer. Reducing your sun exposure will help keep your skin healthy.




As parents, you must be aware that protecting your family from damaged skin and skin cancer is something you can do for them everyday. The decisions you make daily—about what your children wear or the activities they engage in—are critically important ways you are able to keep your family healthy and cancer-free.

With so much time spent outdoors we are bombarded by the sunlight that causes skin cancer. Any good parent will practice sun safety behaviors to maintain the healthy and cancer-free skin of their family.



## Recommendations

For You and Your Family:  
Get it Together for  
Sun Safety

-  Limit time spent in the sun.
-  Avoid the sun's rays between 10:00 am-3:00 pm.
-  Apply a sunscreen with a sun protection factor (SPF) of 15 or greater every day of the year.
-  Wear clothing that protects the skin—long sleeves and long pants, a wide-brimmed hat, and sunglasses.
-  Stay in the shade whenever possible—find shade trees and ramadas, or bring an umbrella.
-  Avoid artificial tanning from booths, beds, or lamps.
-  Be careful not to get a sunburn.
-  Examine your skin regularly.
-  Make sun safety a family habit.

## For More Information...

Call the Family Sun Safety Project  
at 318-7100

Call the Arizona Cancer Center  
at (520) 626-7935 in Tucson or  
1-800-622-COPE from elsewhere  
in Arizona

Talk to a dermatologist, a doctor who  
treats skin diseases

Contact the National Cancer Institute  
at 1-800-4-CANCER; or

Contact your local chapter of the  
American Cancer Society or call  
1-800-ACS-2345

## ARIZONA<sup>®</sup> CANCER CENTER



a National Cancer Institute-designated  
comprehensive cancer center at  
The University of Arizona  
Health Sciences Center  
1515 North Campbell Avenue  
Tucson, Arizona 85724

# Save Your Beautiful Skin





**A** bad sunburn is embarrassing. So is the peeling skin that follows a sunburn. Worse than peeling skin and redness are the deadly problems which can follow these annoyances.

While getting comments that your “healthy” tan is nice, your friends won’t think you look healthy when that tan leads to wrinkling, premature aging, and skin cancer.

Arizonans are at greater risk for skin damage due to their constant sun exposure. We spend most of our time, leisure and otherwise, in outdoor activities such as hiking, bicycling, boating, and swimming. Plus, Arizona’s low latitude, high elevation, and clear skies put everyone at extreme risk for skin damage such as skin cancer.



Living well under the sun, however, means being aware of the dangers of sun exposure and respecting them. A tan is your skin’s response to deadly overexposure to the ultraviolet radiation in sunlight. Besides causing a tan, overexposure to the sun’s rays causes ugly wrinkles, premature aging of the skin, and skin cancer. But reducing your sun exposure will help keep your skin beautiful.

Practicing safe sun behavior will provide you with other more immediate rewards: you won’t have to try to soothe your skin with sticky aloe, or smelly creams and vinegar. When you use sunscreen and wear protective clothing, you will still enjoy a baseball game, the desert, and other outdoor activities with your friends and family without the worry of an embarrassing sunburn, grotesque skin disfigurement, or lethal skin cancer.

And if you don’t tolerate having a tan or don’t want to have a tan, others will still see you as an attractive person







they want to spend time with. Few Americans say a tan looks healthy these days. And one third of all teens and adults never sunbathe. Of course, as you get older, nearly everyone would agree that supple, unwrinkled skin is more attractive than tough, leathery, sun-exposed skin.

As parents, you should be aware that protecting your family from skin damage and skin cancer is something you must do for them everyday. The decisions you make daily —about what your children wear or the activities they engage in—are important ways you can keep your family attractive, healthy, and cancer-free.

With so much time spent outdoors, we are bombarded by the sunlight that causes skin cancer. Any good parent will practice sun safety behaviors to maintain the healthy and cancer-free skin of their family.

## Recommendations

For You and Your Family:  
Get It Together for  
Sun Safety

-  Limit time spent in the sun.
-  Avoid the sun's rays between 10:00 am-3:00 pm.
-  Apply a sunscreen with a sun protection factor (SPF) of 15 or greater every day of the year.
-  Wear clothing that protects the skin—long sleeves and long pants, wide-brimmed hats, and sunglasses.
-  Stay in the shade whenever possible—find shade trees and ramadas, or bring an umbrella.
-  Avoid artificial tanning from booths, beds, or lamps.
-  Be careful not to get a sunburn.
-  Examine your skin regularly.
-  Make sun safety a family habit.

## For More Information.. .

Call the Family Sun Safety Project  
at 318-7100

Call the Arizona Cancer Center  
at (520) 626-7935 in Tucson or  
1-800-622-COPE from elsewhere  
in Arizona

Talk to a dermatologist, a doctor who  
treats skin diseases

Contact the National Cancer Institute  
at 1-800-4-CANCER; or

Contact your local chapter of the  
American Cancer Society or call  
1-800-ACS-2345

## ARIZONA<sup>®</sup> CANCER CENTER



A National Cancer Institute-designated  
comprehensive cancer center at  
The University of Arizona  
Health Sciences Center  
1515 North Campbell Avenue  
Tucson, Arizona 85724

# Sun Safety Can Be Simple





**H**ere are some of the common reasons people give for not protecting their skin from the sun and helpful hints on how to tackle the obstacles.

“Sunscreen is sticky and messy.”

All sunscreens are different. Try several brands until you find one you like.

“Sunscreen costs too much to use every day.”

Store brands and inexpensive sunscreens are cheaper and work just as well as more expensive name brand sunscreens.

“I can’t remember to put on sunscreen every day.”

Make sunscreen part of your morning routine. Put it on after brushing your teeth.

“A hat messes up my hair.”

A bad sunburn is more painful than a bad hair day.

“I look stupid in hats.”

There are many different styles of hats. Shop around. One is bound to look good on you.

“It’s too hot to wear long-sleeved shirts and long-pants.”

Choose loose-fitting, light-weight, tightly-constructed fabrics to help stay cool and protect yourself from the sun.

“It’s too hard to stay indoors all day.”

Plan outdoor activities for early and late in the day and save indoor activities for midday to avoid peak sun hours.

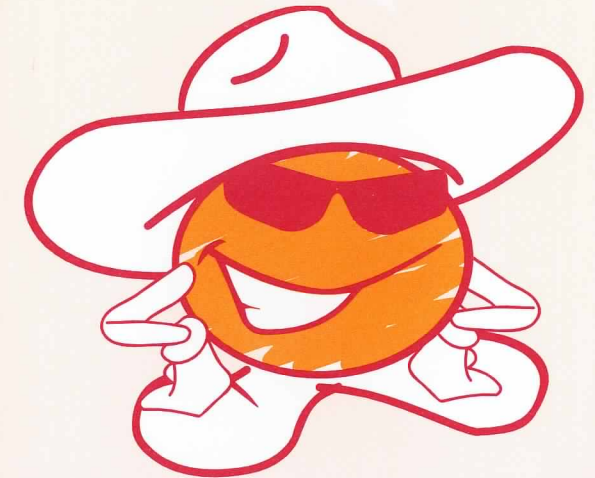
“I look better with a tan.”

Untanned skin actually looks younger and healthier than tanned, dried-out skin.

“I like the feel of the sun on my skin.”

You may like the feel of the sun but you probably don’t enjoy the feel of a sunburn. Spend a little time in the sun before 10 a.m. or after 3 p.m. (nonpeak sun hours) and apply a sunscreen with SPF of 15 or greater when in the sun.










Start protecting yourself from the sun, now!





## Recommendations

For You and Your Family:  
Get It Together for  
Sun Safety

-  Limit time spent in the sun.
-  Avoid the sun's rays between 10:00 am-3:00 pm.
-  Apply a sunscreen with a sun protection factor (SPF) of 15 or greater every day of the year.
-  Wear clothing that protects the skin—long sleeves and long pants, wide-brimmed hats, and sunglasses.
-  Stay in the shade whenever possible—find shade trees and ramadas, or bring an umbrella.
-  Avoid artificial tanning from booths, beds, or lamps.
-  Be careful not to get a sunburn.
-  Examine your skin regularly.
-  Make sun safety a family habit.

## For More Information...

**Call** the Family Sun Safety Project at 318-7100

**Call** the Arizona Cancer Center at (520) 626-7935 in Tucson or 1-800-622-COPE from elsewhere in Arizona

**Talk** to a dermatologist, a doctor who treats skin diseases

**Contact** the National Cancer Institute at 1-800-4-CANCER; or

**Contact** your local chapter of the American Cancer Society or call 1-800-ACS-2345



A National Cancer Institute-designated comprehensive cancer center at  
The University of Arizona  
Health Sciences Center  
1515 North Campbell Avenue  
Tucson, Arizona 85724

# A Reminder About Sun Safety



**E**xposure to the sun's rays can cause wrinkles, premature aging of the skin, and skin cancer. Skin cancers are now more commonly diagnosed than all other cancers combined. Overwhelming evidence verifies that more than 95% of all skin cancers in the U.S. can be attributed to exposure to the ultraviolet (UV) light of the sun.

Arizonans are dangerously vulnerable due to their frequent sun exposure. Arizona's low latitude, high elevation, and clear skies put everyone at extreme risk for developing skin cancer. Over 30,000 Arizonans are afflicted with skin cancer each year. You must reduce your risk of skin cancer.

The importance of healthy skin is too often overlooked. Healthy skin is a critical part of overall health. Tanned skin is not a sign of good health. It is a sign of irreversible damage. A tan is your skin's response to overexposure to the dangerous ultraviolet radiation (UVR) in sunlight.

These days few Americans say a tan looks healthy. One-third of all teens and adults never sunbathe. Avoiding harmful sunlight is one simple way to prevent skin damage.

In Arizona, the radiation levels are high enough to cause skin damage from February through October. Applying sunscreen with SPF 15 or greater every time you will be outside for 15 minutes or more can protect your skin from UVR.

You also should be certain to wear cover-up clothing like long-sleeved shirts, long pants, wide-brimmed hats, and shoes and socks. Clothes with tightly-constructed fabric and a loose fit will help to keep you safe from the sun as well as help to keep you comfortable.

Staying in the shade whenever possible also is a simple way to protect your skin. Look for shade trees and ramadas, or bring an umbrella to protect your skin from harmful sunlight. You must protect yourself from skin cancer every day.

