

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[®] 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



You 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.

