

# Colorado Kids Sun Care Program Vol. 2, No. 1, April, 2006

## Skin Cancer, Sun Safety, and Your Child

### Skin cancer on the rise in Colorado

#### Rates top US

Melanoma, the most serious form of skin cancer, has been on the rise in Colorado for the past several decades. (See the FYI box below for more information about the different forms of skin cancer)

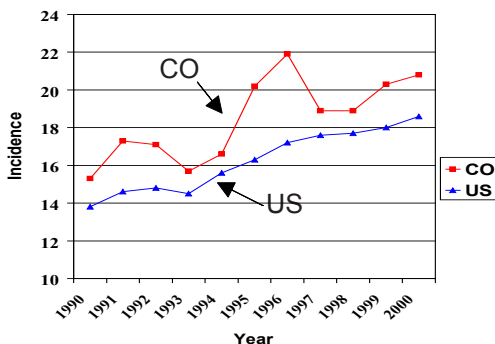
As shown in the graph below:

- Melanoma rates in Colorado increased by about 3% every year during the past ten years.

In addition, melanoma rates in Colorado have surpassed those in the U.S. as a whole.

- Between 1995 and 1999, melanoma rates in Colorado were 40-45% higher than those in the U.S.

**Annual Incidence of Melanoma (Per 100,000): Colorado 1990-2000**



The only way to reverse these trends is to **PREVENT** future cases of skin cancer. You can reduce your child's risk for skin cancer later in life by protecting him or her **NOW** from the sun. In the four newsletters you will receive this Spring, you will learn more about skin cancer and what you can do **NOW** to reduce your child's risk for skin cancer as an adult.

### What's Your Sun Safety IQ?

**Do you have the latest facts about skin cancer and sun safety? Take our quiz and test your knowledge!**

1. Sun exposure during childhood is an important risk factor for developing skin cancer in adulthood.  
True\_\_ False \_\_
2. Unlike sunburn, tanning is good for your skin.  
True\_\_ False \_\_
3. Almost all cases of skin cancer are caused by the sun.  
True\_\_ False \_\_
4. It is common to develop skin cancer in childhood.  
True\_\_ False \_\_
5. In the U.S., females are more likely than males to develop melanoma, the deadliest form of skin cancer.  
True\_\_ False \_\_
6. Melanoma skin cancer can occur anywhere on the body, even in areas that aren't usually in the sun.  
True\_\_ False \_\_
7. More people get non-melanoma skin cancer than any other type of cancer, including breast, lung or colon cancer.  
True\_\_ False \_\_
8. Getting one severe sunburn as a child is not enough to increase the risk of developing melanoma skin cancer later in life.  
True\_\_ False \_\_
9. Melanoma can start in a mole or in normal skin.  
True\_\_ False \_\_
10. When found early, most cases of melanoma skin cancer can be cured.  
True\_\_ False \_\_

**Turn to page 4 to see the correct answers.**

#### FYI - Did you know ... ?

There are three main types of skin cancer: 1) melanoma, 2) basal cell carcinoma, and 3) squamous cell carcinoma. Basal and squamous cell carcinomas are also called non-melanoma skin cancers.

Melanoma is the most severe form of skin cancer. When found early, about 97% of cases will be cured. When found late, only about 50% will be cured. In 2005, nearly 1,300 Coloradans were diagnosed with melanoma skin cancer and over 120 died of the disease.

Non-melanoma skin cancers are the most common forms of cancer in the world, although they are usually less severe than melanoma skin cancers. In 2005, close to 22,000 Coloradans were diagnosed with non-melanoma skin cancer. Although few people die of non-melanoma skin cancer, some cases require extensive, disfiguring surgery to cure.

# Early Detection of Melanoma and Non-Melanoma Skin Cancer

## Prevention is the first line of defense against skin cancer!

- Although most cases of skin cancer occur in adults, much of the damage leading to skin cancer happens during childhood.
- You can reduce your child's risk for skin cancer by following the sun protection recommendations in this newsletter. (See the FYI box on p. 4)

## Early detection is key for adults who already have skin damage.

- As an adult, you need to protect yourself from the sun in order to prevent further damage to your skin.
- Because you cannot un-do skin damage from your childhood, **you should examine your skin every month** to check for the early signs of skin cancer, and **have a health care provider give you a skin exam once a year.**
- Early detection is important because **almost all cases of melanoma and non-melanoma skin cancer can be cured if they are found early.**

### The Warning Signs of Non-Melanoma Skin Cancer

- An open sore that bleeds, oozes or crusts and remains open for 3 or more weeks.
- A scaly red patch with irregular borders that doesn't go away and sometimes crusts or bleeds.
- A shiny bump that is pearly and often pink, red or white. It can also be tan, black or brown.
- A pink growth with a slightly raised rolled border and a crusty indentation in the center.
- A scar-like area that is white, yellow or waxy. The skin itself appears shiny and taut.

## The ABCD & E's of Melanoma

**Normal moles** are usually round and symmetrical (balanced). **Normal moles** usually have smooth and even borders, are a uniform shade of brown or black, and most are less than ¼ inch in diameter.

There are 5 things to check to see if you have an abnormal mole – the A, B, C, D and E's of melanoma.

### **A = Asymmetry**

Melanomas are often **asymmetrical**. That is, if you drew a line down the middle, both halves would **not** be the same size.

### **B = Irregular Borders**

Melanomas often have irregular or uneven **borders**. The borders might look scalloped or notched.

### **C = Color**

Melanomas often have more than one **color**. They might have different shades of brown, tan, or black. They might even appear red, white or blue as they progress.

### **D = Diameter**

Melanomas are often larger than normal moles. They tend to grow larger than 1/4 inch in **diameter** (about the size of a pencil eraser) or width.

Normal Mole



Asymmetry



Irregular Borders



Color Variation



Diameter



### **E = Evolving**

**Most importantly**, you should be on the look-out for **ANY changes** in the appearance of a mole or other spot on your skin. **Pay special attention to changes in shape, size, color, and height.** Moles or other spots that become itchy, painful, crusty or bleeding might also be a problem. Skin around a mole that becomes red or that develops colored spots or swellings is another warning sign.

# What's Your Risk for Skin Cancer?

Answer the following questions.

Add your points from each question to get your score and find out your risk level.

1. Have you ever had skin cancer before, including melanoma and non-melanoma (squamous cell or basal cell) skin cancer?

Points

No = 0

Yes = 30 \_\_\_\_\_

2. How many moles do you have on your body that are larger than a pencil eraser ( $\frac{1}{4}$  inch)?

Points

None = 0

1-2 = 5

3-5 = 10

6-10 = 20

10+ = 30 \_\_\_\_\_

3. What is the color of your non sun-exposed skin?

Points

Black/Dark Brown = 0

Medium Brown = 2

Light Brown = 4

Olive = 16

Fair = 18

Very Fair = 20 \_\_\_\_\_

4. What was your natural hair color as a teenager?

Points

Black = 0

Dark Brown = 1

Light Brown = 2

Blonde = 3

Red = 4 \_\_\_\_\_

5. Do you burn easily in the sun?

Points

No = 0

Yes = 3 \_\_\_\_\_

6. After one week in the summer sun, how dark a tan would you get?

Points

Dark tan = 0

Medium tan = 1

Light tan = 2

No tan at all = 3 \_\_\_\_\_

7. Where did you live during most of your childhood?

Points

Hawaii, Australia, India, Caribbean,  
South Pacific, Other Tropics,  
Indonesia, Central America,  
Brazil, Central Africa = 10

CO, AZ, TX, FL, Mexico, Argentina,  
Peru, Spain, Italy, Greece, Turkey,  
Middle East, Northern Africa,  
Southern Africa, Southeast Asia = 5

All Other = 0 \_\_\_\_\_

8. How many times have you had a severe sunburn that blistered?

Points

None = 0

1-2 = 1

3-5 = 2

6-10 = 3

10+ = 4 \_\_\_\_\_

9. How many freckles did you have as a child?

Points

None = 0

A few = 2

Many = 4 \_\_\_\_\_

Your Total Score = \_\_\_\_\_

If your score was 26 or less, you are at **LOW RISK** for skin cancer. If your score was between 27 and 35, you are at **MODERATE RISK** for skin cancer. If your score was 36 or higher, you are at **HIGH RISK** for skin cancer.

If you are at moderate or high risk for skin cancer, your child may be too. This is particularly true if your hair color, skin color and eye color are similar. You can reduce your child's risk now by preventing sunburns (see Question 8 above) and protecting his skin from the sun. **Turn to page 4 for specific strategies that will protect your child from getting skin cancer later in life.**

Even people who are at low risk for skin cancer can get it. **Turn to page 4 to learn what you can do to keep your child safe from the sun.**

# Sun Safety for You and Your Child

## FYI - What You Can Do to Reduce Your Child's Chance of Getting Skin Cancer:

- Limit time outside between 10 a.m. & 4 p.m.

When outdoors:

- Cover up your child with a hat, a long-sleeved shirt, and long pants made of light-weight fabric.
- Keep your child in the shade.
- Thickly apply sunscreen with SPF 15 or higher to all exposed skin.
- Have your child wear sunglasses that have 100% UV protection.

Coming up in the next newsletter:

**Do you know your child's risk for skin cancer?**

We use our study data to assess your child's risk, and we share recommendations from the experts about how to reduce your child's risk.

## Check your answers to the Sun Safety Quiz

1. **True.** Even though most skin cancer occurs in adults, much of the damage leading to skin cancer happens during childhood.
2. **False.** Tanning is a sign of skin damage.
3. **True.** Exposure to the sun is the cause of almost all skin cancers.
4. **False.** It is very rare for children to develop skin cancer. Melanoma skin cancer usually occurs in people age 35 and older. Non-melanoma skin cancer usually occurs in people age 50 and older.
5. **False.** In the U.S., males are more likely than females to develop skin cancer. The exact reasons for this are not known. It may be that males spend more time outdoors and are less likely to protect themselves from the sun when outdoors.
6. **True.** Melanoma can occur anywhere on the body, even in areas that do not usually get sun. However, non-melanoma skin cancers almost always occur on parts of the body that get lots of sun.
7. **True.** Non-melanoma skin cancers are the most common types of cancers in the world. There are about 1.4 million cases in the U.S. each year.
8. **False.** Children who get one severe sunburn have a 2 times higher risk of developing melanoma skin cancer later in life.
9. **True.** Melanoma can start in an existing mole, or in skin that appears to be normal. Melanomas and normal moles both develop from pigment (color) cells.
10. **True.** When found early, about 97% of melanoma cases can be cured. When found late, about 50% will be cured.

For more information about signs of skin cancer and skin cancer treatment, visit the American Academy of Dermatology website: <http://www.aad.org/public/> or call the Cancer Information Service at 1-800-4-CANCER.



**Colorado Kids Sun Care Program: Individualized Risk Factor Newsletters by Child's Risk Factors Table**

File Name	Lots of moles (1)	Light skin color (2)	Freckles (3)	Blue or green eyes (4)	Blonde, red or light brown hair (5)	Sunburns (6)	Family history of skin cancer (7)	Risk Factors
Year 2_Parent_Newsletter 2_v1								NONE
Year 2_Parent_Newsletter 2_v2			√					Freckles
Year 2_Parent_Newsletter 2_v3							√	Family history of skin cancer
Year 2_Parent_Newsletter 2_v4			√				√	Freckles, Family history of skin cancer
Year 2_Parent_Newsletter 2_v5		√						Light skin color
Year 2_Parent_Newsletter 2_v6		√	√					Light skin color, Freckles
Year 2_Parent_Newsletter 2_v7		√					√	Light skin color, Family history of skin cancer
Year 2_Parent_Newsletter 2_v8		√	√				√	Light skin color, Freckles, Family history of skin cancer
Year 2_Parent_Newsletter 2_v9				√				Blue or green eyes
Year 2_Parent_Newsletter 2_v10			√	√				Freckles, Blue or green eyes
Year 2_Parent_Newsletter 2_v11				√			√	Blue or green eyes, Family history of skin cancer
Year 2_Parent_Newsletter 2_v12			√	√			√	Freckles, Blue or green eyes, Family history of skin cancer
Year 2_Parent_Newsletter 2_v13		√		√				Light skin color, Blue or green eyes
Year 2_Parent_Newsletter 2_v14		√	√	√				Light skin color, Freckles, Blue or green eyes
Year 2_Parent_Newsletter 2_v15		√		√			√	Light skin color, Blue or green eyes, Family history of skin cancer
Year 2_Parent_Newsletter 2_v16		√	√	√			√	Light skin color, Freckles, Blue or green eyes, Family history of skin cancer
Year 2_Parent_Newsletter 2_v17					√			Blonde, red or light brown hair
Year 2_Parent_Newsletter 2_v18		√			√		√	Light skin color, Blonde, red or light brown hair, Family history of skin cancer
Year 2_Parent_Newsletter 2_v19				√	√			Blue or green eyes, Blonde, red or light brown hair
Year 2_Parent_Newsletter 2_v20			√	√	√			Freckles, Blue or green eyes, Blonde, red or light brown hair

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<a href="#">Year 2_Parent_Newsletter 2_v21</a>				✓	✓		✓	Blue or green eyes, Blonde, red or light brown hair, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v22</a>		✓		✓	✓			Light skin color, Blue or green eyes, Blonde, red or light brown hair
<a href="#">Year 2_Parent_Newsletter 2_v23</a>		✓	✓	✓	✓			Light skin color, Freckles, Blue or green eyes, Blonde, red or light brown hair
<a href="#">Year 2_Parent_Newsletter 2_v24</a>		✓		✓	✓		✓	Light skin color, Blue or green eyes, Blonde, red or light brown hair, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v25</a>		✓	✓	✓	✓		✓	Light skin color, Freckles, Blue or green eyes, Blonde, red or light brown hair, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v26</a>						✓		Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v27</a>			✓			✓		Freckles, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v28</a>						✓	✓	Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v29</a>			✓			✓	✓	Freckles, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v30</a>		✓				✓		Light skin color, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v31</a>		✓	✓			✓		Light skin color, Freckles, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v32</a>		✓				✓	✓	Light skin color, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v33</a>		✓	✓			✓	✓	Light skin color, Freckles, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v34</a>				✓		✓		Blue or green eyes, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v35</a>			✓	✓		✓		Freckles, Blue or green eyes, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v36</a>				✓		✓	✓	Blue or green eyes, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v37</a>			✓	✓		✓	✓	Freckles, Blue or green eyes, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v38</a>		✓		✓		✓		Light skin color, Blue or green eyes, Sunburn

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<a href="#">Year 2_Parent_Newsletter 2_v39</a>		√	√	√		√		Light skin color, Freckles, Blue or green eyes, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v40</a>		√		√		√	√	Light skin color, Blue or green eyes, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v41</a>		√	√	√		√	√	Light skin color, Freckles, Blue or green eyes, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v42</a>					√	√		Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v43</a>					√	√	√	Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v44</a>			√		√	√		Freckles, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v45</a>			√		√	√	√	Freckles, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v46</a>		√			√	√		Light skin color, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v47</a>		√	√		√	√		Light skin color, Freckles, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v48</a>		√			√	√	√	Light skin color, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v49</a>		√	√		√	√	√	Light skin color, Freckles, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v50</a>				√	√	√		Blue or green eyes, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v51</a>			√	√	√	√		Freckles, Blue or green eyes, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v52</a>				√	√	√	√	Blue or green eyes, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v53</a>		√		√	√	√		Light skin color, Blue or green eyes, Blonde, red or light brown hair, Sunburn

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<b>File Name</b>	<b>Lots of moles (1)</b>	<b>Light skin color (2)</b>	<b>Freckles (3)</b>	<b>Blue or green eyes (4)</b>	<b>Blonde, red or light brown hair (5)</b>	<b>Sunburns (6)</b>	<b>Family history of skin cancer (7)</b>	<b>Risk Factors</b>
<a href="#">Year 2_Parent_Newsletter 2_v54</a>		✓	✓	✓	✓	✓		Light skin color, Freckles, Blue or green eyes, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v55</a>		✓		✓	✓	✓	✓	Light skin color, Blue or green eyes, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v56</a>		✓	✓	✓	✓	✓	✓	Light skin color, Freckles, Blue or green eyes, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v57</a>	✓	✓	✓					Lots of moles, Light skin color, Freckles
<a href="#">Year 2_Parent_Newsletter 2_v58</a>	✓	✓					✓	Lots of moles, Light skin color, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v59</a>	✓			✓				Lots of moles, Blue or green eyes
<a href="#">Year 2_Parent_Newsletter 2_v60</a>	✓		✓	✓				Lots of moles, Freckles, Blue or green eyes
<a href="#">Year 2_Parent_Newsletter 2_v61</a>	✓	✓	✓	✓				Lots of moles, Light skin color, Freckles, Blue or green eyes
<a href="#">Year 2_Parent_Newsletter 2_v62</a>	✓	✓	✓		✓		✓	Lots of moles, Light skin color, Freckles, Blonde, red or light brown hair, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v63</a>	✓					✓		Lots of moles, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v64</a>	✓		✓			✓		Lots of moles, Freckles, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v65</a>	✓					✓	✓	Lots of moles, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v66</a>	✓		✓			✓	✓	Lots of moles, Freckles, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v67</a>	✓	✓				✓		Lots of moles, Light skin color, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v68</a>	✓	✓	✓			✓		Lots of moles, Light skin color, Freckles, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v69</a>	✓	✓	✓			✓	✓	Lots of moles, Light skin color, Freckles, Sunburn, Family history of skin cancer

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<a href="#">Year 2_Parent_Newsletter 2_v70</a>	✓			✓		✓	✓	Lots of moles, Blue or green eyes, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v71</a>	✓	✓		✓		✓		Lots of moles, Light skin color, Blue or green eyes, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v72</a>	✓	✓	✓	✓		✓		Lots of moles, Light skin color, Freckles, Blue or green eyes, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v73</a>	✓	✓		✓		✓	✓	Lots of moles, Light skin color, Blue or green eyes, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v74</a>	✓	✓	✓	✓		✓	✓	Lots of moles, Light skin color, Freckles, Blue or green eyes, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v75</a>	✓	✓	✓		✓	✓		Lots of moles, Light skin color, Freckles, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v76</a>	✓		✓	✓	✓	✓		Lots of moles, Freckles, Blue or green eyes, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v77</a>	✓			✓	✓	✓	✓	Lots of moles, Blue or green eyes, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v78</a>	✓		✓	✓	✓	✓	✓	Lots of moles, Freckles, Blue or green eyes, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v79</a>	✓	✓		✓	✓	✓		Lots of moles, Light skin color, Blue or green eyes, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v80</a>	✓	✓	✓	✓	✓	✓		Lots of moles, Light skin color, Freckles, Blue or green eyes, Blonde, red or light brown hair, Sunburn
<a href="#">Year 2_Parent_Newsletter 2_v81</a>	✓	✓	✓	✓	✓	✓	✓	Lots of moles, Light skin color, Freckles, Blue or green eyes, Blonde, red or light brown hair, Sunburn, Family history of skin cancer
<a href="#">Year 2_Parent_Newsletter 2_v82</a>	✓							Lots of moles



**Instructions on how to use the table above:** Note, a ✓ indicates which risk factors are highlighted in each of the newsletters. Using the column headings in the table, identify your risk factors of interest (there are 7 of them), and then select the newsletter that has a ✓ in a box for each of the desired risk factors. The titles of the newsletters are in a column entitled 'file name.' The 'risk factor' column contains a list of the risk factors highlighted in each newsletter.



## What is your child's risk for getting skin cancer someday?

**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
- Hair color
- Eye color
- How easily a child gets sunburned and tanned
- Whether a child has a tendency to develop freckles and moles
- Family history of skin cancer

The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

In addition, children who spend more time in the sun without sun protection are more likely to get skin cancer as an adult.

In this newsletter, you will learn about the 7 characteristics that make a child at higher risk for getting skin cancer someday, and how these relate to your child.



### Light skin color

- White people have the highest rates of skin cancer.
- Whites in the U.S. have an **18 times higher** lifetime chance of developing melanoma (the most deadly kind of skin cancer) than those with black skin.
- Non-melanoma skin cancers (basal and squamous cell cancers) are also much more likely in white-skinned people compared to other racial groups.



### Freckles

- Children who get freckles are at higher risk for getting skin cancer some day than children who do not have freckles.
- The more freckles a child has, the greater the risk. The risk could be as much as **3 times higher** for a child with lots of freckles compared to a child with no freckles.



### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

### Lots of moles

- An adult with a high number of moles has a **6 times higher lifetime risk** of getting melanoma compared to a person with a lower number of moles.
- Most moles develop during childhood. In the Colorado Kids Sun Care Program, we have found that on average, children in Colorado get about 4-6 new moles each year. At age 7, the average number of moles for children in the Colorado Kids Sun Care Program was 26.
- If your child has *many* more moles than this, then your child is at increased risk for getting skin cancer someday.

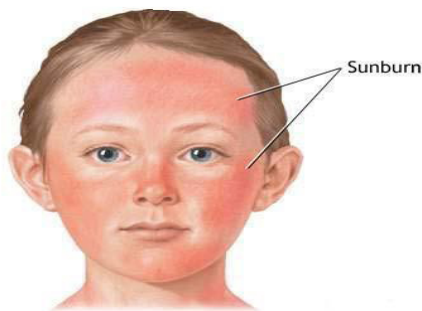
## Blonde, Red or Light Brown Hair

- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



## Sunburns

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Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Light skin color	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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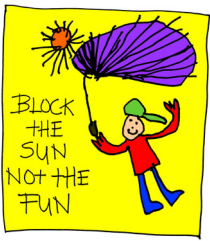
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Children's genetics determine:

- Skin color
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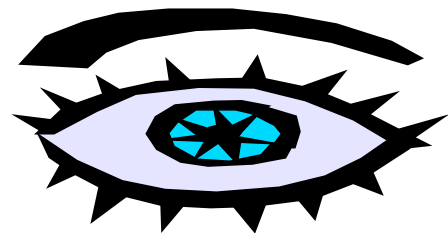
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### Freckles

- Children who get freckles are at higher risk for getting skin cancer some day than children who do not have freckles.
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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.



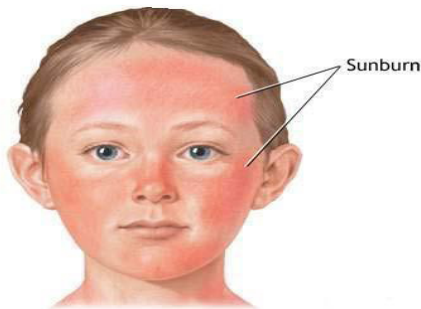
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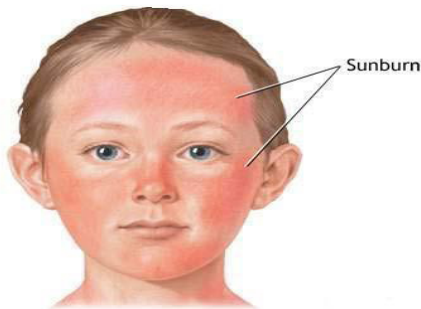
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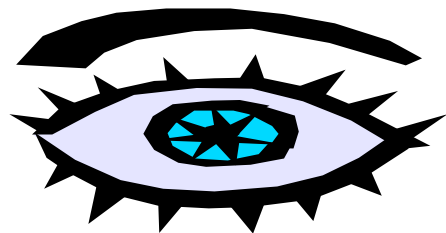
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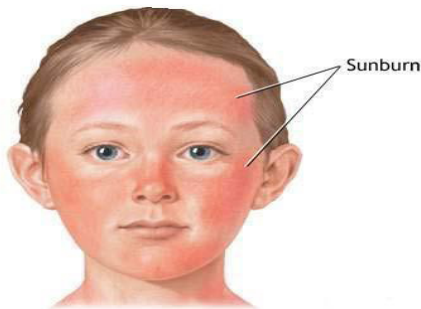
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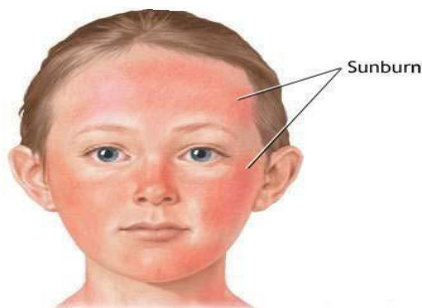
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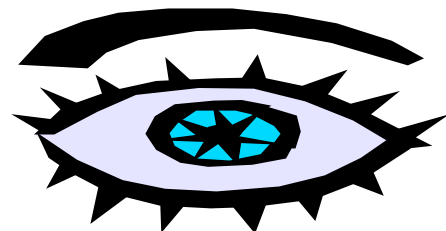
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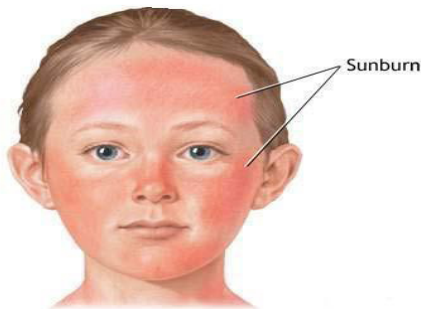
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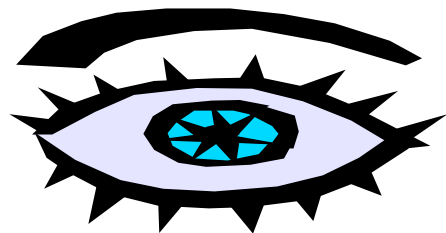
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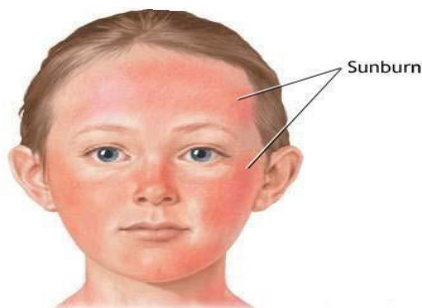
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Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Light skin color</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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- Skin color
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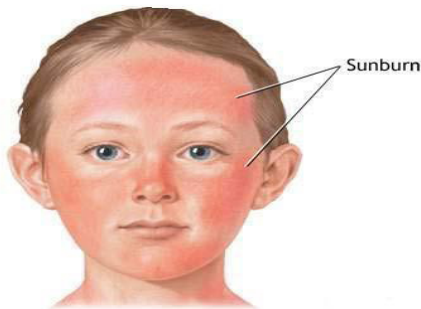
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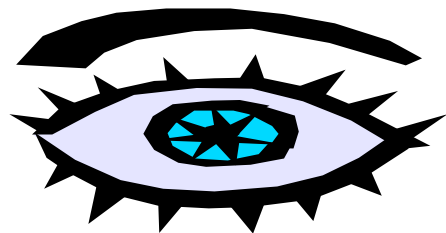
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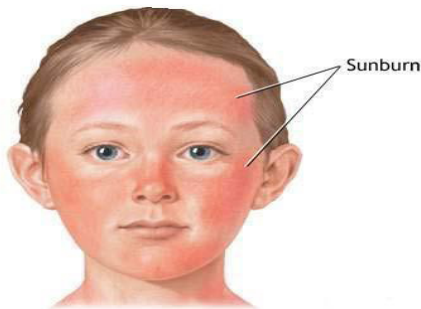
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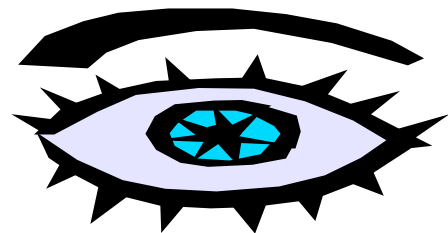
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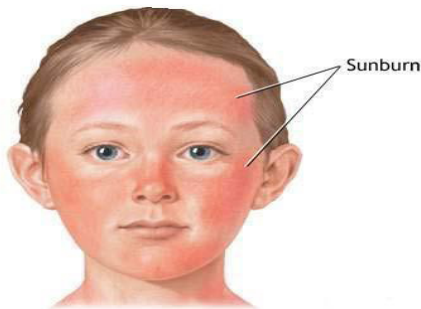
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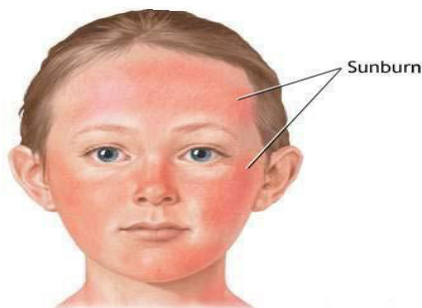
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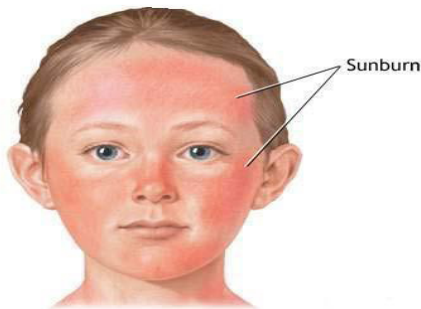
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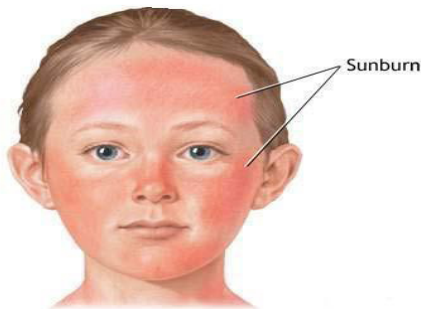
## Blonde, Red or Light Brown Hair

- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



## Sunburns

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## Family history of skin cancer

- Children who have a family member who has had skin cancer are more likely to get skin cancer themselves someday.
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Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

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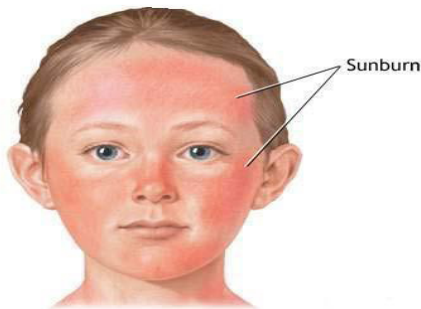
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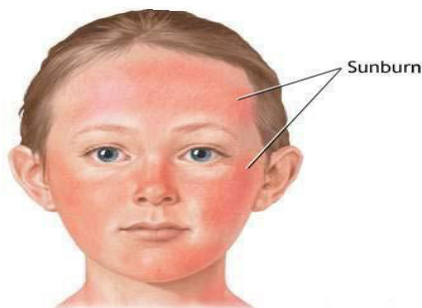
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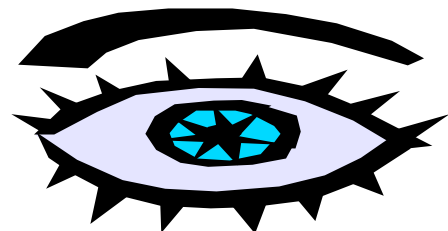
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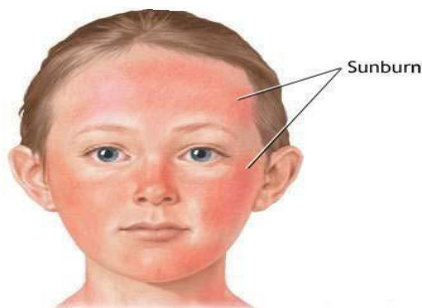
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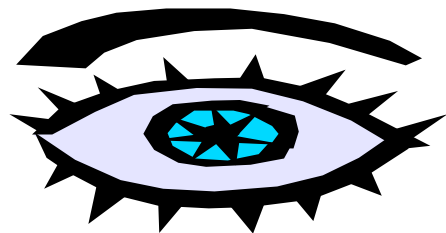
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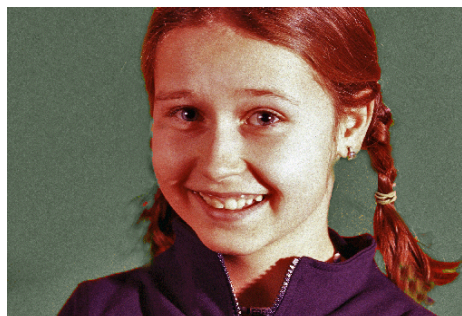


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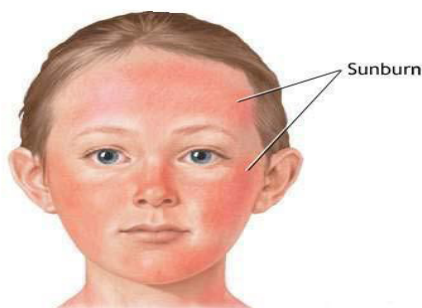
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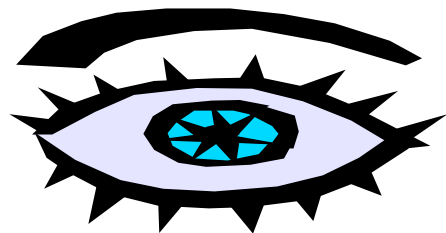
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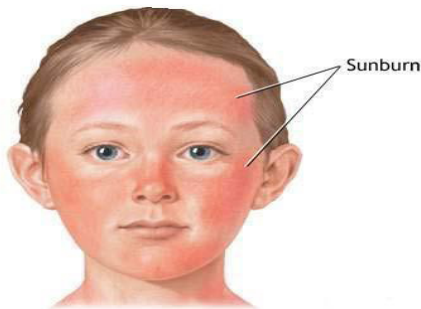
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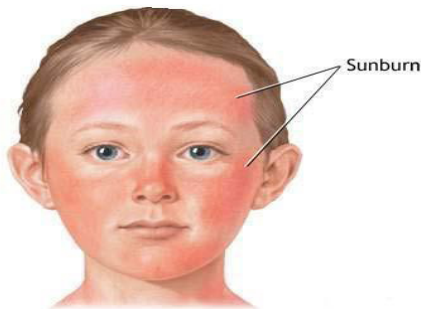
## Blonde, Red or Light Brown Hair

- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



## Sunburns

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- Children who have a family member who has had skin cancer are more likely to get skin cancer themselves someday.
- Having a close blood relative, that is, a parent, child, brother or sister who has had skin cancer can make the risk of getting skin cancer **8 times greater** compared to someone without skin cancer in their family.



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Light skin color	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Blue or green eyes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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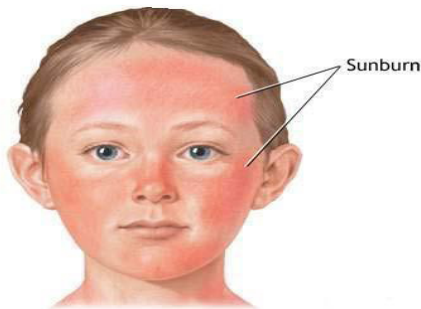
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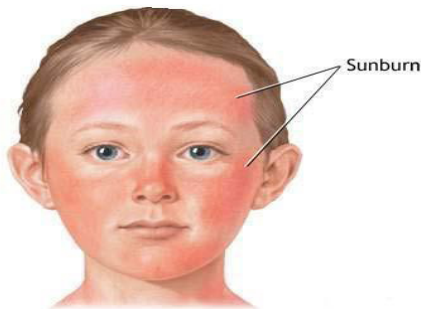
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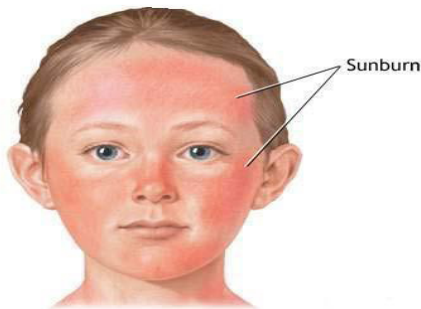
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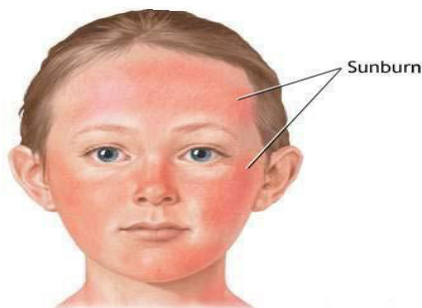
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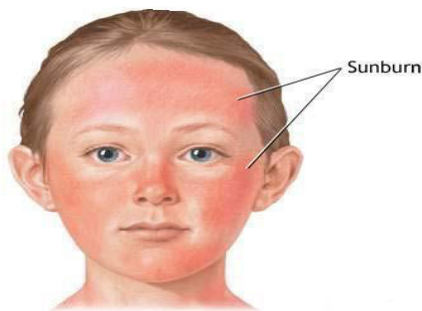
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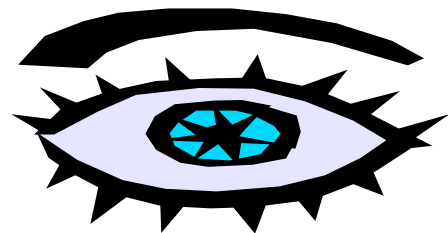
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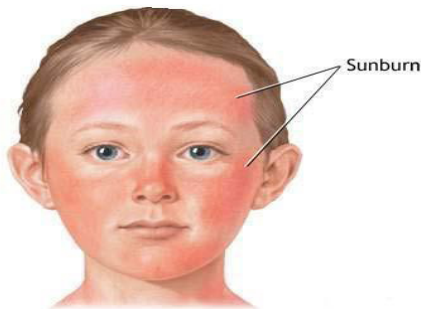
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- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



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## Family history of skin cancer

- Children who have a family member who has had skin cancer are more likely to get skin cancer themselves someday.
- Having a close blood relative, that is, a parent, child, brother or sister who has had skin cancer can make the risk of getting skin cancer **8 times greater** compared to someone without skin cancer in their family.



- The checklist below shows the risk factors that **your child** has, according to the Colorado Kids Sun Care Program records.

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Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Light skin color	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freckles	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blue or green eyes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blonde, red or light brown hair	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sunburns	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Family history of skin cancer	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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### How to Reduce Your Child's Risk for Skin Cancer

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- When outdoors:
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Children's genetics determine:

- Skin color
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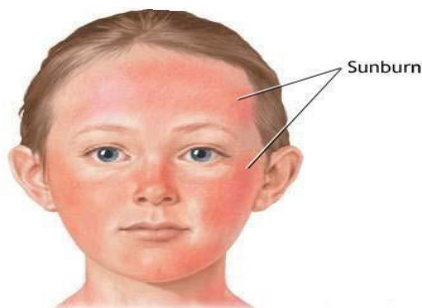
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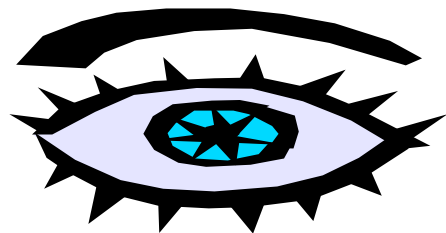
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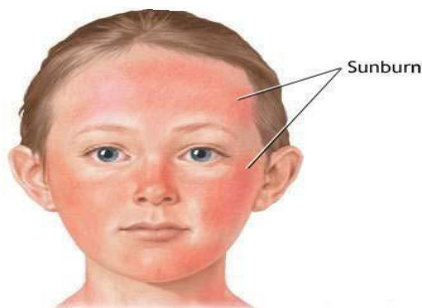
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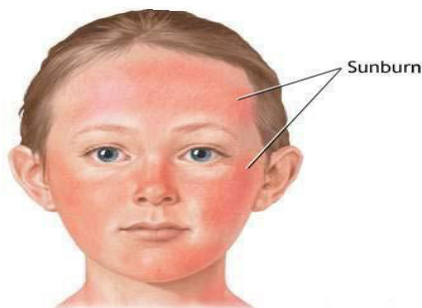
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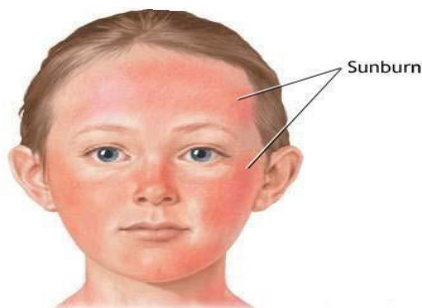
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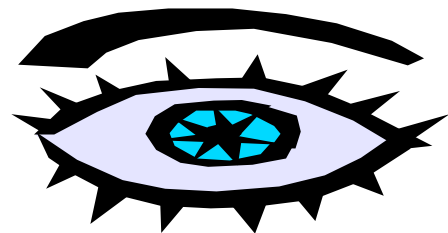
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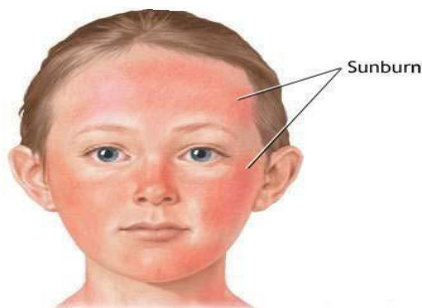
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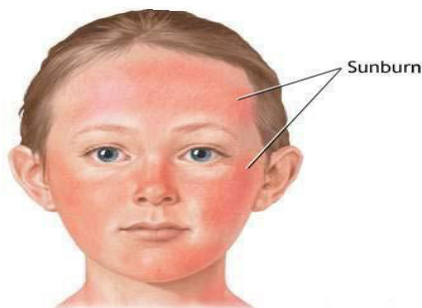
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- A severe sunburn is a sunburn that causes severe pain, blistering, or peeling of the skin. Having one or two severe sunburns may **double the risk** for skin cancer.
- People who have 3 or more severe sunburns may have **6 times the risk** of getting skin cancer.



## Family history of skin cancer

- Children who have a family member who has had skin cancer are more likely to get skin cancer themselves someday.
- Having a close blood relative, that is, a parent, child, brother or sister who has had skin cancer can make the risk of getting skin cancer **8 times greater** compared to someone without skin cancer in their family.



- The checklist below shows the risk factors that **your child** has, according to the Colorado Kids Sun Care Program records.

	<u>Yes</u>	<u>No</u>
Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Light skin color</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Freckles</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blue or green eyes	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Blonde, red or light brown hair	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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Family history of skin cancer	<input type="checkbox"/>	<input checked="" type="checkbox"/>

- The more risk factors that your child has, the more important sun protection is for your child.
- Even if your child has none of these risk factors, using sun protection is still important.

### How to Reduce Your Child's Risk for Skin Cancer

- Limit time outside between 10 a.m. & 4 p.m.
- When outdoors:
  - ✓ Cover up your child with a hat, a long-sleeved shirt, and long pants made of light-weight fabric.
  - ✓ Keep your child in the shade.
  - ✓ Thickly apply sunscreen with SPF 15 or higher to all exposed skin.
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### Coming up in the next newsletter...

Learn how to lower your child's risk for skin cancer by limiting time in the mid-day sun and using sunscreen the right way.





## What is your child's risk for getting skin cancer someday?

**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
- Hair color
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In this newsletter, you will learn about the 7 characteristics that make a child at higher risk for getting skin cancer someday, and how these relate to your child.



### Light skin color

- White people have the highest rates of skin cancer.
- Whites in the U.S. have an **18 times higher** lifetime chance of developing melanoma (the most deadly kind of skin cancer) than those with black skin.
- Non-melanoma skin cancers (basal and squamous cell cancers) are also much more likely in white-skinned people compared to other racial groups.



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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

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- If your child has *many* more moles than this, then your child is at increased risk for getting skin cancer someday.

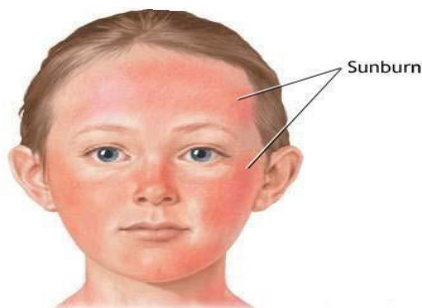
## Blonde, Red or Light Brown Hair

- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



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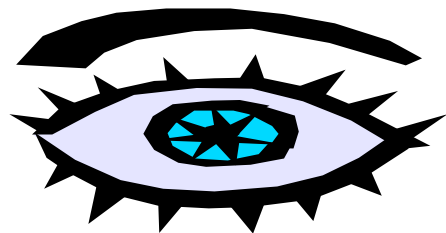
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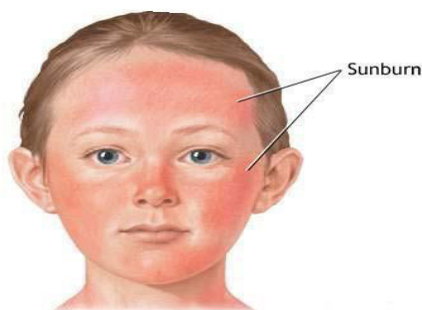
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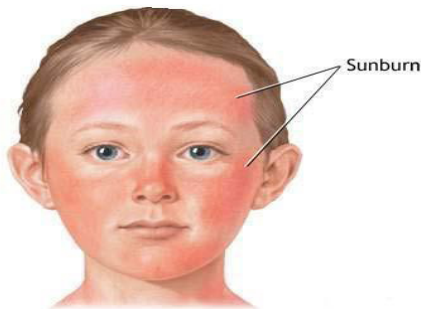
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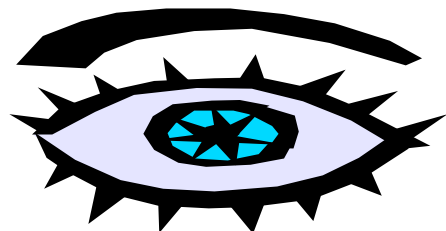
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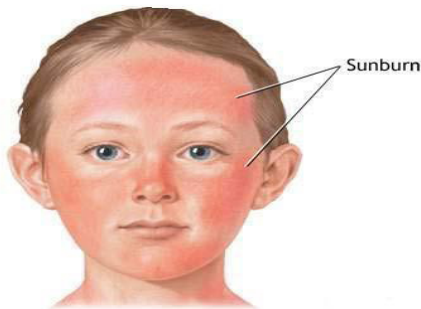
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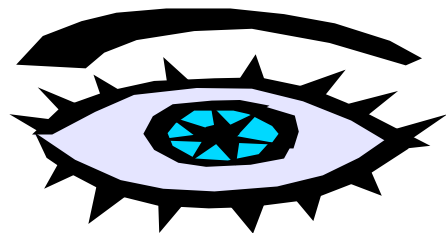
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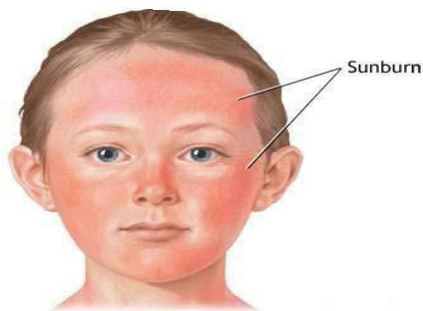
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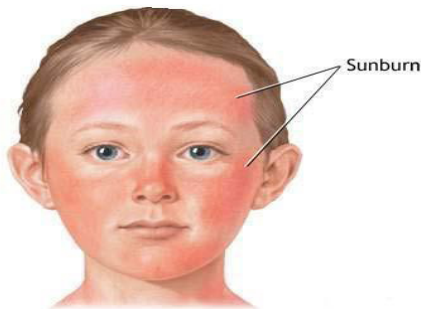
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- A severe sunburn is a sunburn that causes severe pain, blistering, or peeling of the skin. Having one or two severe sunburns may **double the risk** for skin cancer.
- People who have 3 or more severe sunburns may have **6 times the risk** of getting skin cancer.



## Family history of skin cancer

- Children who have a family member who has had skin cancer are more likely to get skin cancer themselves someday.
- Having a close blood relative, that is, a parent, child, brother or sister who has had skin cancer can make the risk of getting skin cancer **8 times greater** compared to someone without skin cancer in their family.



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	<u>Yes</u>	<u>No</u>
Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Light skin color	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Freckles</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Blue or green eyes</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blonde, red or light brown hair	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Sunburns</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Family history of skin cancer</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

- The more risk factors that your child has, the more important sun protection is for your child.
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### How to Reduce Your Child's Risk for Skin Cancer

- Limit time outside between 10 a.m. & 4 p.m.
- When outdoors:
  - ✓ Cover up your child with a hat, a long-sleeved shirt, and long pants made of light-weight fabric.
  - ✓ Keep your child in the shade.
  - ✓ Thickly apply sunscreen with SPF 15 or higher to all exposed skin.
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### Coming up in the next newsletter...

Learn how to lower your child's risk for skin cancer by limiting time in the mid-day sun and using sunscreen the right way.





## What is your child's risk for getting skin cancer someday?

**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
- Hair color
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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

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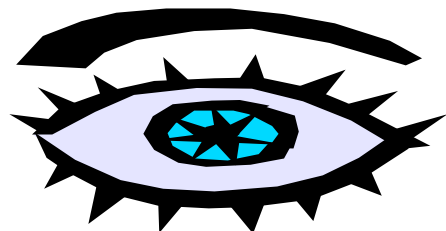
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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

### Lots of moles

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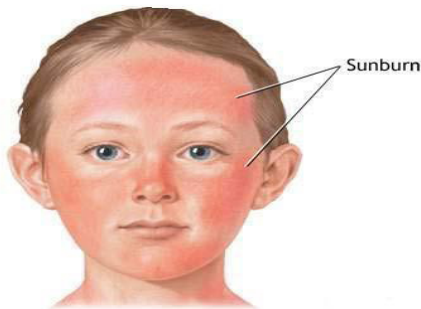
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- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



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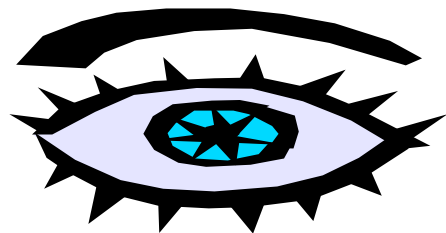
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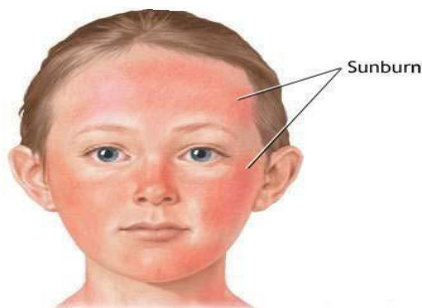
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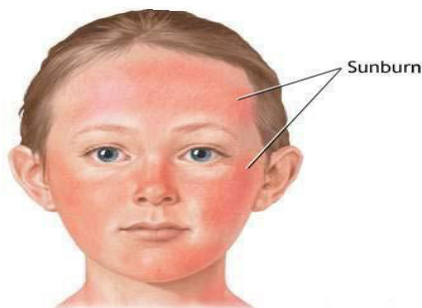
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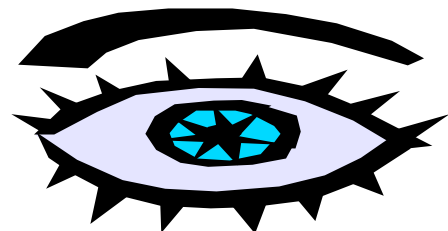
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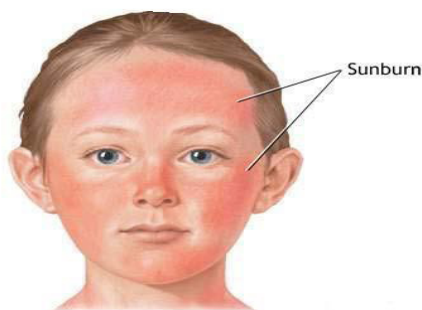
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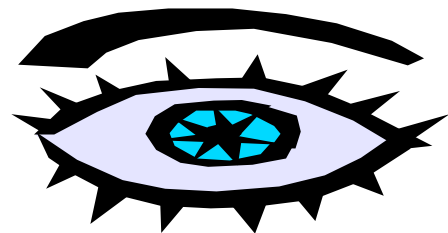
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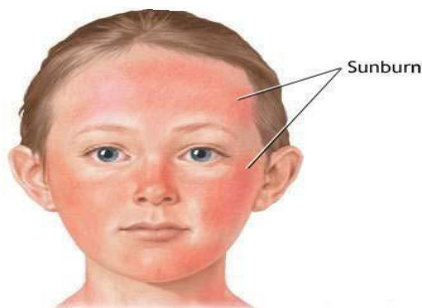
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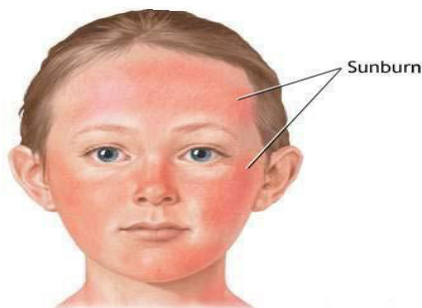
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Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Light skin color	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Blue or green eyes	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Blonde, red or light brown hair</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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### How to Reduce Your Child's Risk for Skin Cancer

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Children's genetics determine:

- Skin color
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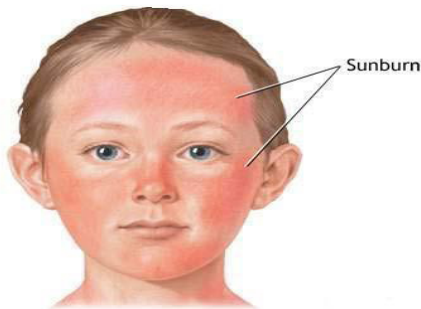
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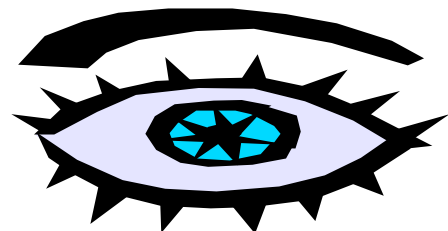
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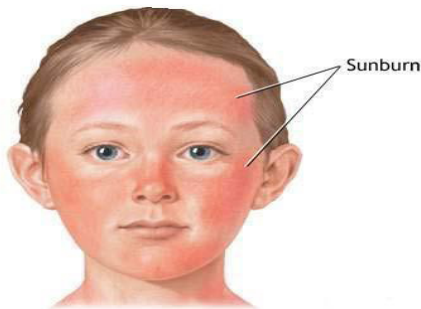
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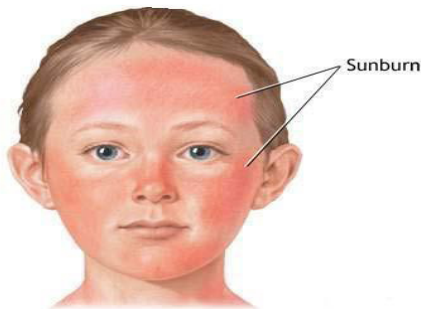
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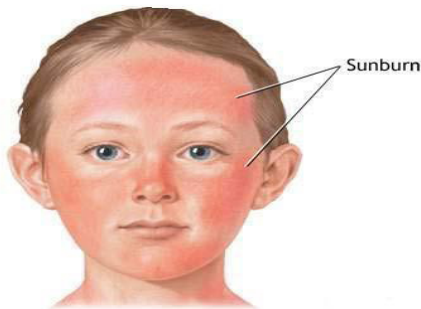
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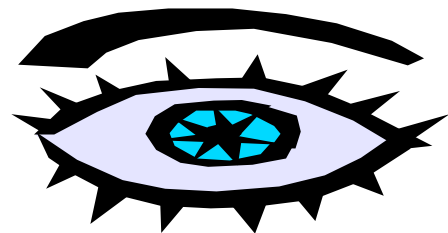
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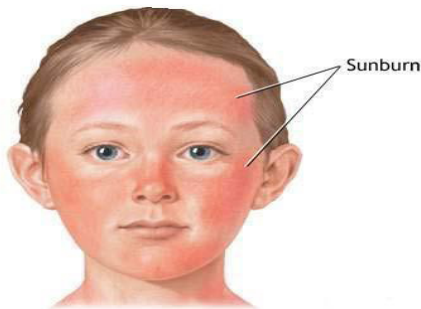
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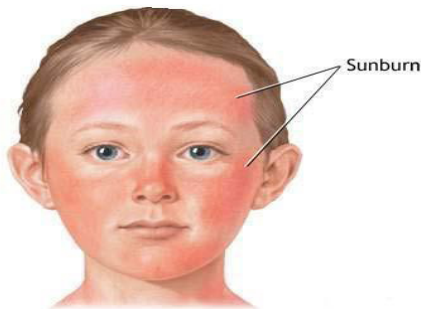
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- People who have 3 or more severe sunburns may have **6 times the risk** of getting skin cancer.



## Family history of skin cancer

- Children who have a family member who has had skin cancer are more likely to get skin cancer themselves someday.
- Having a close blood relative, that is, a parent, child, brother or sister who has had skin cancer can make the risk of getting skin cancer **8 times greater** compared to someone without skin cancer in their family.



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	<u>Yes</u>	<u>No</u>
Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Light skin color</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Freckles</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blue or green eyes	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Blonde, red or light brown hair</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Sunburns</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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- The more risk factors that your child has, the more important sun protection is for your child.
- Even if your child has none of these risk factors, using sun protection is still important.

### How to Reduce Your Child's Risk for Skin Cancer

- Limit time outside between 10 a.m. & 4 p.m.
- When outdoors:
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### Coming up in the next newsletter...

Learn how to lower your child's risk for skin cancer by limiting time in the mid-day sun and using sunscreen the right way.





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Children's genetics determine:

- Skin color
- Hair color
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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

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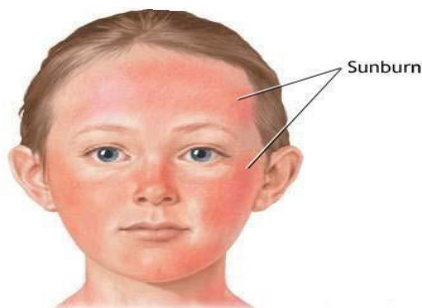
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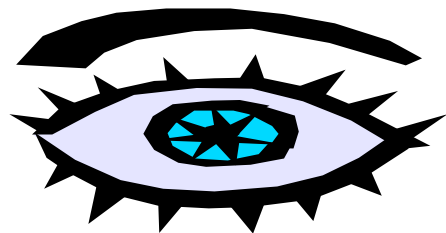
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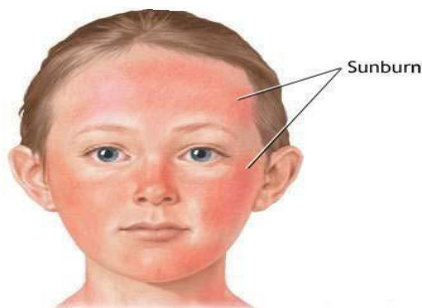
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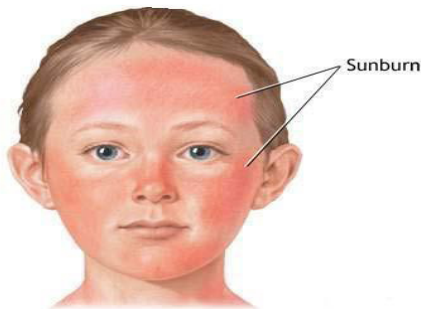
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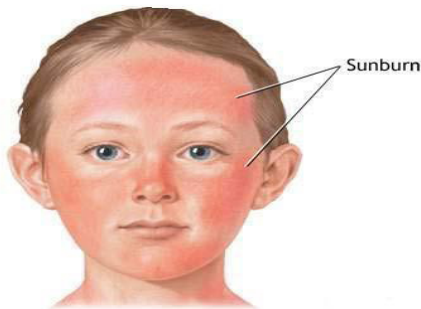
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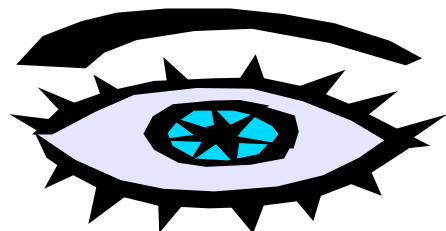
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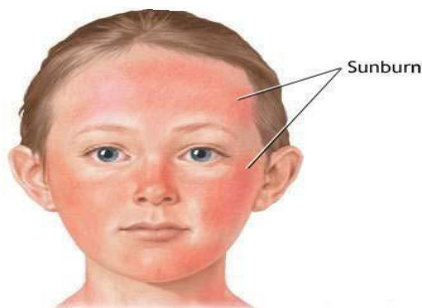
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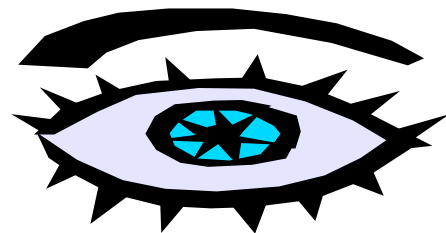
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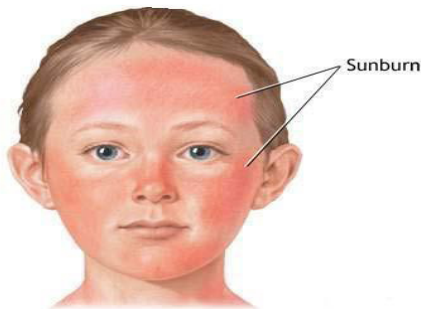
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- A severe sunburn is a sunburn that causes severe pain, blistering, or peeling of the skin. Having one or two severe sunburns may **double the risk** for skin cancer.
- People who have 3 or more severe sunburns may have **6 times the risk** of getting skin cancer.



## Family history of skin cancer

- Children who have a family member who has had skin cancer are more likely to get skin cancer themselves someday.
- Having a close blood relative, that is, a parent, child, brother or sister who has had skin cancer can make the risk of getting skin cancer **8 times greater** compared to someone without skin cancer in their family.



- The checklist below shows the risk factors that **your child** has, according to the Colorado Kids Sun Care Program records.

	<u>Yes</u>	<u>No</u>
Lots of moles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Light skin color</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Blue or green eyes</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Blonde, red or light brown hair</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Sunburns</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Family history of skin cancer</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

- The more risk factors that your child has, the more important sun protection is for your child.
- Even if your child has none of these risk factors, using sun protection is still important.

### How to Reduce Your Child's Risk for Skin Cancer

- Limit time outside between 10 a.m. & 4 p.m.
- When outdoors:
  - ✓ Cover up your child with a hat, a long-sleeved shirt, and long pants made of light-weight fabric.
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### Coming up in the next newsletter...

Learn how to lower your child's risk for skin cancer by limiting time in the mid-day sun and using sunscreen the right way.





## What is your child's risk for getting skin cancer someday?

**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
- Hair color
- Eye color
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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

In addition, children who spend more time in the sun without sun protection are more likely to get skin cancer as an adult.

In this newsletter, you will learn about the 7 characteristics that make a child at higher risk for getting skin cancer someday, and how these relate to your child.



### Light skin color

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- Whites in the U.S. have an **18 times higher** lifetime chance of developing melanoma (the most deadly kind of skin cancer) than those with black skin.
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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

### Lots of moles

- An adult with a high number of moles has a **6 times higher lifetime risk** of getting melanoma compared to a person with a lower number of moles.
- Most moles develop during childhood. In the Colorado Kids Sun Care Program, we have found that on average, children in Colorado get about 4-6 new moles each year. At age 7, the average number of moles for children in the Colorado Kids Sun Care Program was 26.
- If your child has *many* more moles than this, then your child is at increased risk for getting skin cancer someday.

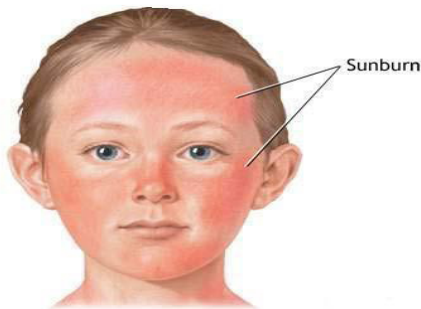
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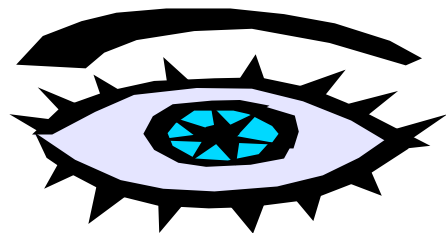
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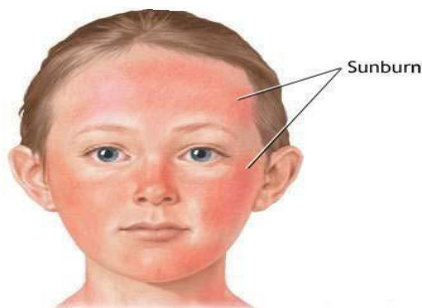
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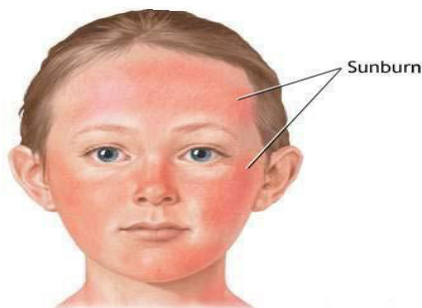
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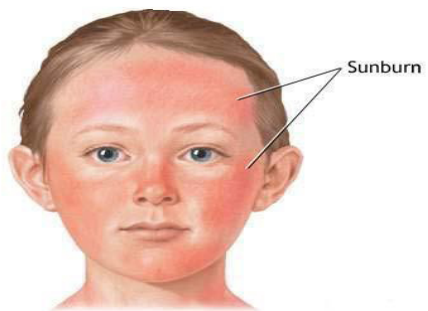
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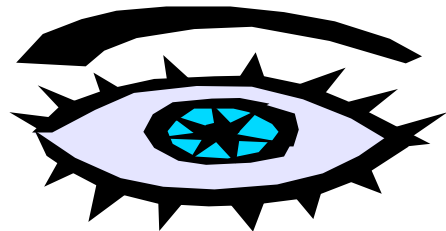
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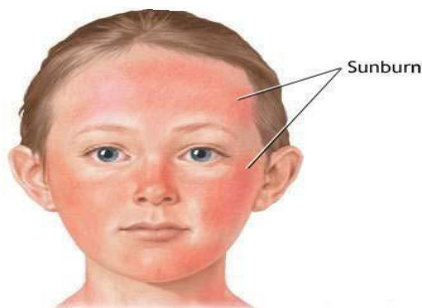
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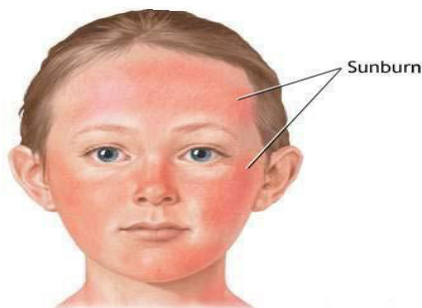
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- Having a close blood relative, that is, a parent, child, brother or sister who has had skin cancer can make the risk of getting skin cancer **8 times greater** compared to someone without skin cancer in their family.



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	<u>Yes</u>	<u>No</u>
Lots of moles	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Light skin color	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freckles	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blue or green eyes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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## What is your child's risk for getting skin cancer someday?

**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
- Hair color
- Eye color
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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

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- An adult with a high number of moles has a **6 times higher lifetime risk** of getting melanoma compared to a person with a lower number of moles.
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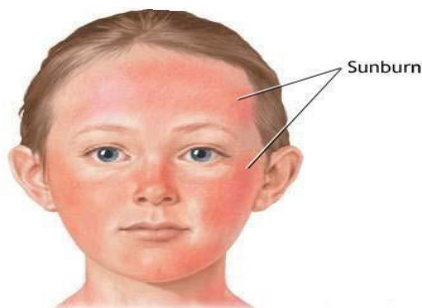
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- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



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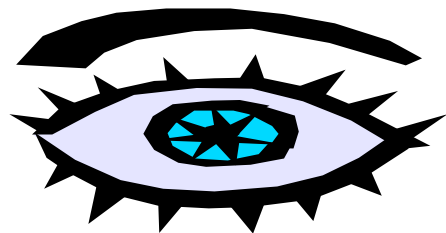
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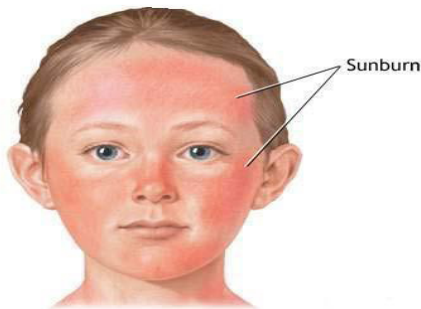
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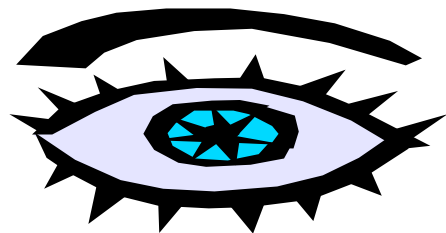
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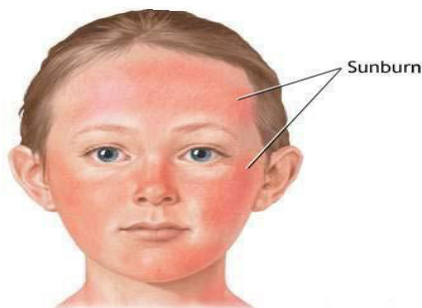
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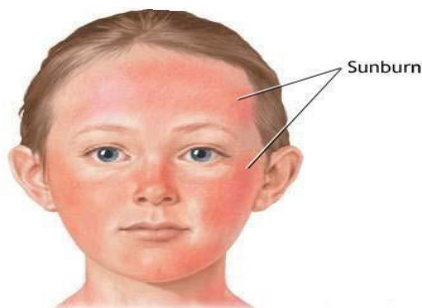
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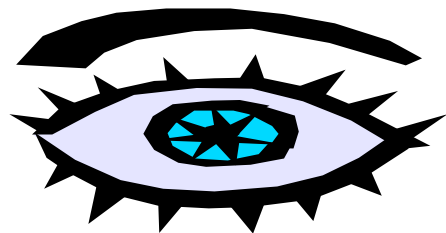
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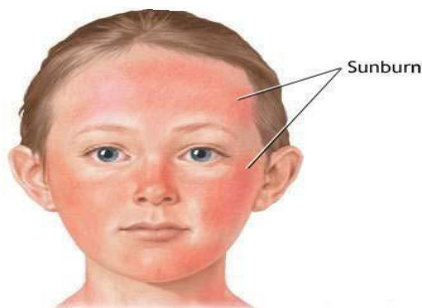
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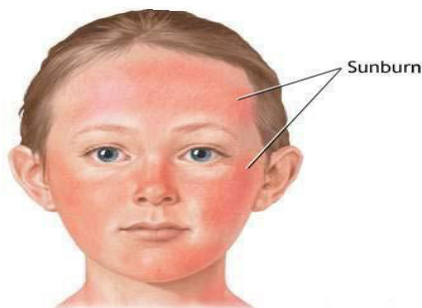
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	<u>Yes</u>	<u>No</u>
<b>Lots of moles</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Light skin color</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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Blonde, red or light brown hair	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

### Lots of moles

- An adult with a high number of moles has a **6 times higher lifetime risk** of getting melanoma compared to a person with a lower number of moles.
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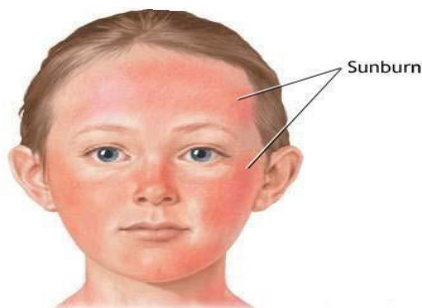
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- Compared to those with black hair, people with light brown hair have about **double the risk** of getting skin cancer, people with blonde hair have about **three times the risk**, and those with red hair have about **four times the risk** of developing skin cancer someday.



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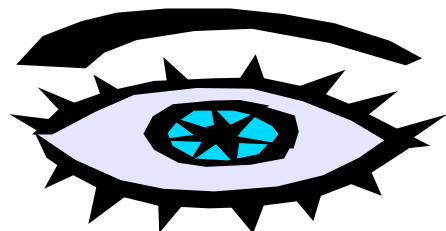
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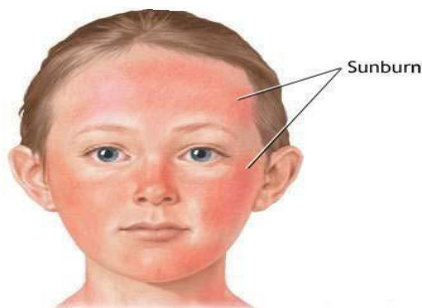
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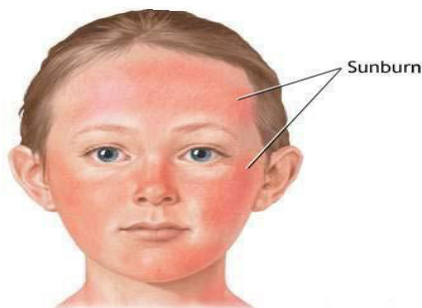
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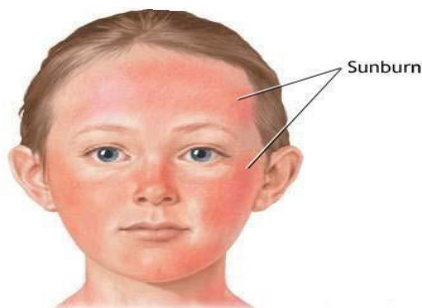
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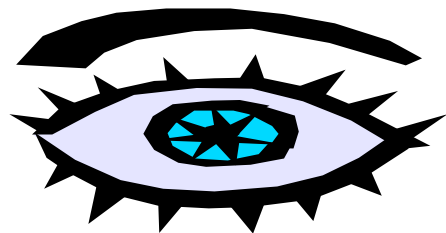
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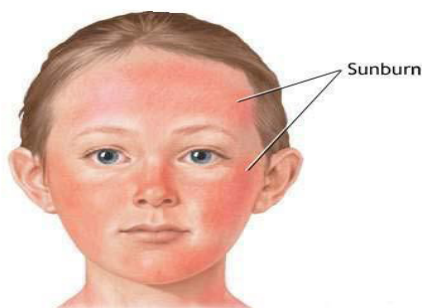
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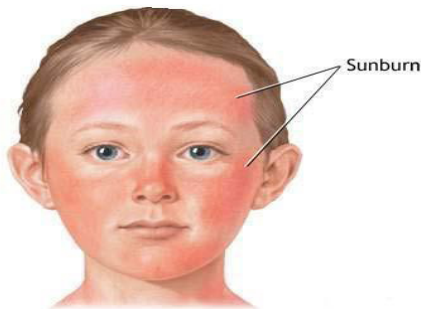
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<b>Light skin color</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Freckles	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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## What is your child's risk for getting skin cancer someday?

**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

Children's genetics determine:

- Skin color
- Hair color
- Eye color
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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

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### Light skin color

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- Whites in the U.S. have an **18 times higher** lifetime chance of developing melanoma (the most deadly kind of skin cancer) than those with black skin.
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### Blue or Green Eyes

- Children with blue eyes or green eyes are about **two times** more likely to get skin cancer compared to children with brown or black eyes.

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- An adult with a high number of moles has a **6 times higher lifetime risk** of getting melanoma compared to a person with a lower number of moles.
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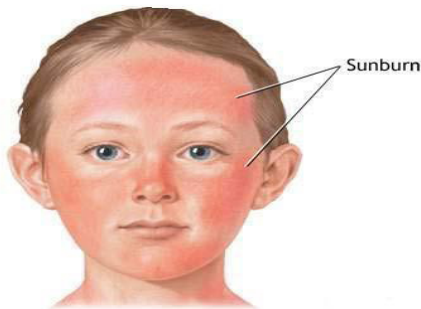
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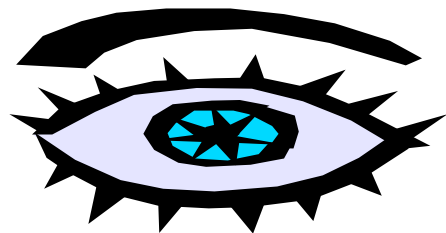
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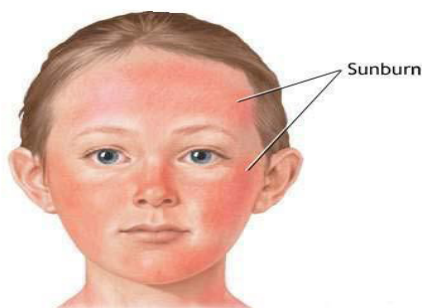
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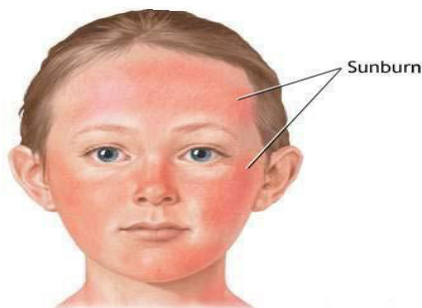
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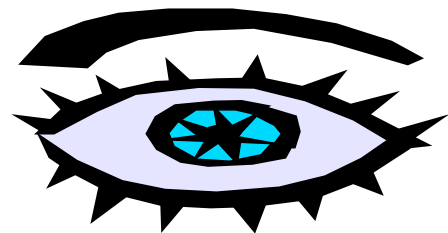
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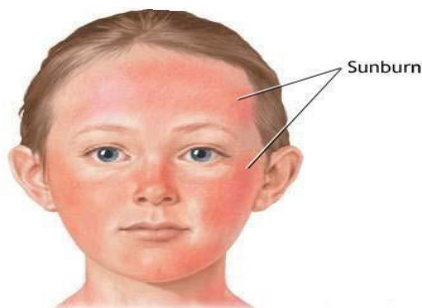
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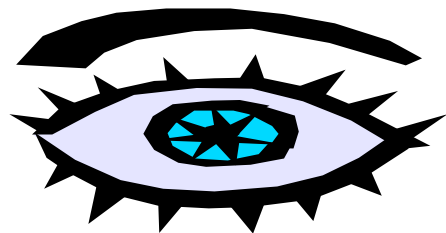
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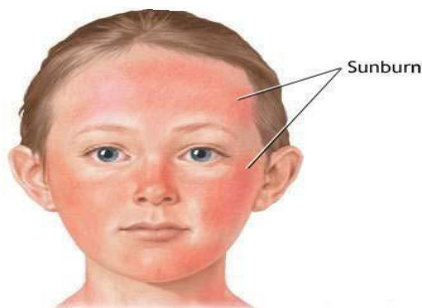
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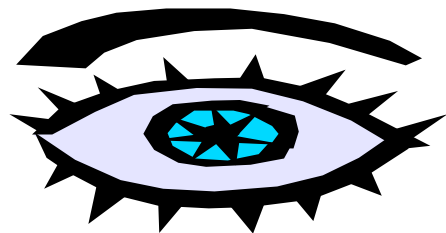
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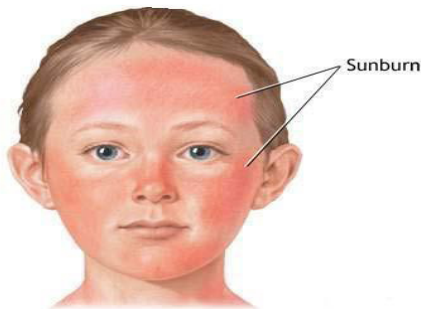
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- Even if your child has none of these risk factors, using sun protection is still important.

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### Coming up in the next newsletter...

Learn how to lower your child's risk for skin cancer by limiting time in the mid-day sun and using sunscreen the right way.





## What is your child's risk for getting skin cancer someday?

**Children almost never get skin cancer,** but their risk for getting skin cancer as adults is determined by *their genetics and the amount of sun that they get as children.*

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The more of these characteristics that a child has, the higher his chances are of getting skin cancer someday.

In addition, children who spend more time in the sun without sun protection are more likely to get skin cancer as an adult.

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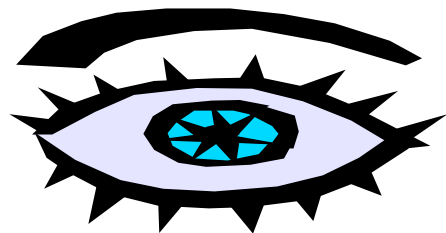
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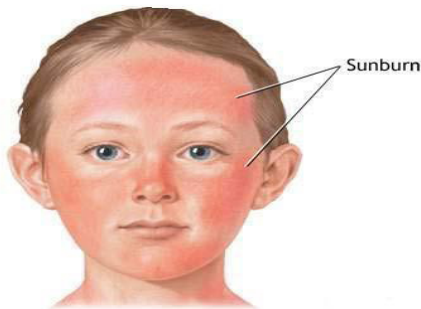
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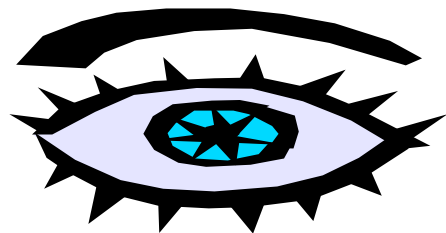
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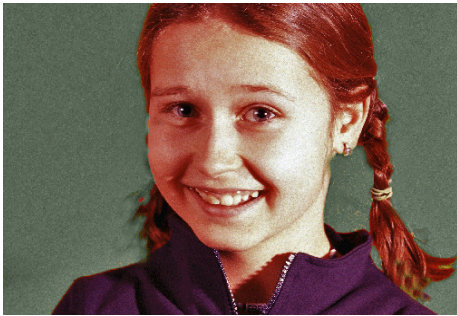
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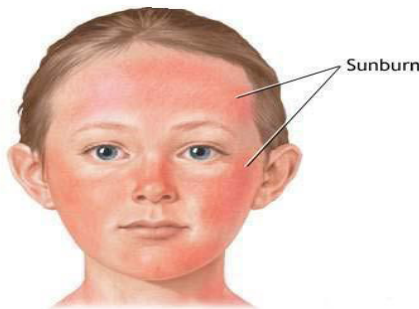
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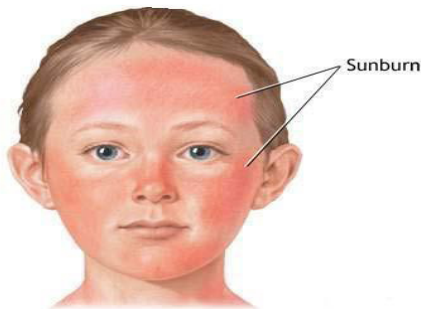
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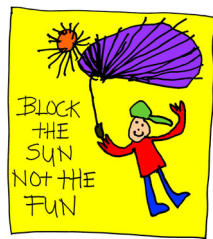
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# Protecting Your Child from the Sun



## Sun Protection Toolbag

As a parent, you always want to protect your child as much as you can from illness and disease. To protect your child from over-exposure to the sun, and to lower your child's chances of getting skin cancer as an adult, you should use everything in the **sun protection toolbag**. In this and the next newsletter, we'll give you detailed information about limiting time in the mid-day sun, staying in the shade, properly using sunscreen, and covering up with hats and clothes for sun protection. Don't forget to use everything in the toolbag!

- **Limit time in the mid-day sun**
- **Cover up with a hat, long sleeved shirt, and long pants**
- **Stay in the shade**
- **Thickly apply sunscreen with SPF 15 or higher to all unprotected skin**
- **Wear sunglasses with 100% UV protection**

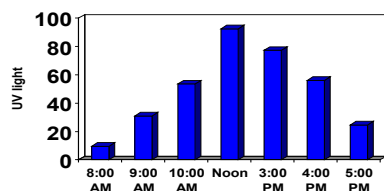
### Helpful Hint!

Keep your "**Sun Protection Toolbag**" ready to go wherever you take your child! In it, always keep a hat, extra shirt, sunglasses and sunscreen.

## Limit time in the mid-day sun!

- Sunlight contains ultraviolet (UV) light, which damages the skin and can cause skin cancer.
- Colorado has more sunny days and is at higher altitude than other places in the U.S., so Coloradans get high amounts of UV light.
- UV light is strongest in the middle of the day, between about 10:00 a.m. and 4:00 p.m.

**UV Light on a Sunny Day  
in July in Colorado**



- Plan indoor activities between 10 a.m. and 4 p.m. whenever you can.
- Trips to indoor rec centers and pools, libraries, movies, museums, and arcades are great mid-day summer activities to do with your kids.
- Plan trips to the outdoor pool in the late afternoon. In summers in Colorado, the temperature reaches its highest point around 5:00 p.m. So, there is still plenty of time for swimming and other activities in the late afternoon.
- Let your voice be heard. Encourage schools and rec centers to plan team sports and other group activities in shaded areas or before 10 a.m. and after 4 p.m.

## Shade your Day

- The sun's UV rays are strongest and do the most damage during mid-day, so it's best to avoid direct exposure between about 10:00 a.m. and 4:00 p.m.
- If your child has to be outside during those hours, seek shade under a tree, umbrella, or other shelter.
- If you don't have enough shade in your community, work with your P.T.A. or other local organizations to increase shade at your child's school, neighborhood parks, sports fields and recreation centers.
- Trees provide an excellent source of shade in the backyard, at local parks and on school playgrounds. They have the added benefit of helping to cool your home and other buildings, which can reduce air conditioning costs.
- Shade structures are excellent if trees are not an option. Temporary structures, such as umbrellas or portable shelters are useful for providing shade "on-the-go." A simple handheld umbrella can also be quite helpful at times.
- Remember that UV rays can reflect off almost any surface (including sand, snow and concrete) and can reach you in the shade. **Your best bet to protect your skin is to wear hats and protective clothing and use sunscreen when you're outside--- even when you're in the shade.**



## Understanding Sunscreen

When used correctly, sunscreen can play a role in your family's sun protection. However, at this time there is very limited scientific evidence about whether sunscreen, when used *without* other sun protection, prevents skin cancer. So, you should not rely on sunscreen alone for skin cancer prevention.

## Sunscreen prevents sunburns, so why shouldn't it prevent skin cancer?

Sunscreen is very effective in preventing sunburns. However, sunscreen does not absorb all of the UV light from the sun. Scientists have not been able to prove that sunscreen prevents *unseen* damage that results in skin cancer.

Many people **incorrectly** use sunscreen to stay outside longer than they would otherwise. Since they don't get a sunburn when using sunscreen, they think it is safe to stay out longer. IT IS NOT!

## What should you do?

**Never use just sunscreen.** Use sunscreen in combination with all of the other sun protection tools listed in the orange box on the other side of this newsletter.

## The DO's of Sunscreen

- **Do** choose a sunscreen with a **Sun Protection Factor (SPF) of 15 or higher**. SPF is a measure of a sunscreen's ability to protect against the sun's rays. A higher SPF means greater protection. Many doctors think that an even higher SPF is better, such as SPF 30 or 45.
- **Do** choose a sunscreen that protects against both **UVA and UVB rays**. UVB rays cause sunburns. All sunscreens protect against UVB. UVA rays also cause skin damage. To make sure your sunscreen protects against UVA rays, check for ingredients such as: Oxybenzone, Benzophenone, Benzophenone-3, Avobenzone, Parsol 1789, Zinc Oxide and Titanium Dioxide.
- **Do** apply sunscreen to dry skin before going outside. Children need at least ¼ cup (about one handful) and adults need at least ½ cup (about two handfuls) of sunscreen to cover their whole bodies.
- **Do** use a "waterproof" or "water-resistant" sunscreen to protect your child while swimming. Waterproof sunscreens are effective for at least 80 minutes in the water and water-resistant sunscreens are effective for at least 40 minutes in the water.
- **Do** experiment with different forms of sunscreen. **Sprays** are handy for protecting the scalp where the hair parts. **Sticks** are useful for the face, especially around the eyes because there is less chance of getting it into the eyes. **Foams** are fun for kids to use. Some kids find **colored sunscreens** to be fun.
- **Do** re-apply sunscreen at least every two hours. Re-apply even more often if your child has been swimming or sweating heavily.
- **Do** remember to use sunscreen on lips, ears, around eyes, neck, scalp, hands and feet.
- **Do** use sunscreen all year round.



## The DON'Ts of Sunscreen

- **Do not** let your child stay outside in the sun longer because she has sunscreen on and is not getting burned. Even if the sun does not burn the skin, it can still seriously damage it. You will not be able to see that damage, but it can drastically increase the risk of skin cancer.
- **Do not** avoid using sunscreen because your child dislikes creams or lotions. Sunscreens now come in many different forms other than lotions, including sprays, sticks and foams.
- **Do not** use sunscreen by itself without taking other steps to protect your child from the sun. **You should never rely just on sunscreen.** It should always be just one part of your family's overall sun protection.



**In the next issue...**

**Fun hats and cool clothes to protect your child from the sun!**



## Colorado Kids Sun Care Program Vol. 2, No. 4, May, 2006

# Why Your Child Needs to Wear a Hat and Clothing for Sun Protection!

### Protect the head and neck!

High levels of sunlight, day-in and day-out, cause skin cancer. Over 80% of all skin cancers occur on the face, ears, nose, and neck. **Why?** These parts of the body are almost always uncovered, so they get the most sun.

About 2 million American adults get skin cancer each year. Treating skin cancer can require removing large pieces of skin, which can cause ugly scars. In some cases, people need to have large portions or all of their ears or noses removed.

**Hats are the answer to preventing these skin cancers!**



Photo courtesy of [www.solartex.com](http://www.solartex.com)

### What's the best way to protect the head and neck?

Wide-brimmed hats, and hats with flaps that hang down, are the best ways to protect the head and neck. Protective hats should be made of a material that does not let UV light through it – tighter woven fabrics are best. Some specially made hats are labeled with an Ultraviolet Protection Factor (UPF), similar to the way sunscreen is labeled with a Sun Protection Factor (SPF).



### Why not just use sunscreen?

Sunscreen is very effective in preventing sunburns. However, sunscreen does *not* absorb all of the UV light from the sun. You should not rely on sunscreen alone for sun protection. Sunscreen should *always* be used in combination with other forms of sun protection, such as hats, clothing and shade. You should *not* use sunscreen so that your child can stay outside longer. Even though your child is not getting a sunburn, he may still be getting serious skin damage.



### So, you think you can't get your child to wear a hat?

Here are excuses that we have heard for not wearing hats:



#### **A hat is too hot in the summer.**

Many kids think they will be hotter in a hat, but have you ever experimented with this? Hats provide shade to the head, and most people actually feel cooler when they wear a hat on a hot day. Convince your child to test this out for a few days.

#### **A hat will mess up my hair, or a hat looks silly.**

Help your child to think of hats as adding to his or her look! Hair can be styled around the hat. Take a look at the pictures in this newsletter – maybe they will inspire your child to try a hat.



#### **But Dad and Mom, you never wear a hat!**

If your child doesn't like to wear a hat, maybe it's because his parents don't like to wear hats! As a parent, you have an important role in setting an example for your child. You are also at risk for skin cancer. Research shows that it is never too late to start protecting yourself and lower your own risk for skin cancer. By wearing a hat, you will provide a positive role model for your child, and you will be protecting yourself from further damage to your skin.





## Did you know.....?

- In Australia, where they have the highest rates of skin cancer in the world, school children are required to wear a hat before they can go outside on the playground. It's called the "no hat, no play" policy.



- Skin cancer is rising at epidemic rates in Colorado – there is no time to wait. Policies like Australia's are needed in Colorado now.
- You can help to get policies in place by talking to coaches and directors of outdoor activities, such as summer camps. Suggest that they require children to wear sun protective hats.
- Selling hats could be a great fundraiser for clubs, sports teams, schools, churches, and other groups.



## Personal story



A mother's view: "Growing up, I always hated to wear a hat. My parents would send me outside with one, and I would take it off the first chance I got. As I got older I became much more interested in protecting my skin. I've learned to like wearing hats. Because now I know that skin damage begins in childhood, I'm encouraging my daughter Megan to wear a hat whenever she is outside. We have fun going shopping for hats together. Since she sees me wearing a hat all the time, she doesn't have the dislike of hats that I had as a child."

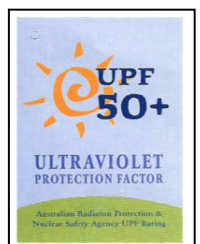


## Don't stop with hats!

- A hat won't protect your child's whole body. The safest way to protect the rest of his body is with clothing.
- **More is always better when it comes to clothing.** But, if you can't get your child to wear long pants and a long sleeved shirt, then long shorts and a t-shirt are better than short shorts and a tank top. Many sunburns occur on the shoulders – these could be prevented with a t-shirt.
- **The best clothes for sun protection are loose-fitting and have a tight weave.** Check clothing by holding it up to a window or lamp and seeing how much light gets through. The less light that gets through, the more protective it will be.
- Many people think they'll be too hot in clothing when it's hot outside. **Clothing actually shades the skin and makes you feel cooler!** Try it!
- Swim "shirts" (also called "surfer shirts" or "rash guards") are a great way to protect your child when she is swimming. When your child wears a shirt, you can save on sunscreen.



## Finding sun protective clothing



- You can now get special sun protective clothing. Look for tags on clothing that say it is sun protective. Some department stores, including discount department stores, now carry this.
- Sun protective clothing is also available on the internet. Try doing a Google search with the words "sun protective clothing" or "rash guard."

As a parent, you realize that your child needs **your help** to be protected from the sun and to lower his or her chances of getting skin cancer someday. To protect your child, be sure to use **everything** in the **sun protection toolbag**.

- Limit time in the sun between 10 a.m. and 4 p.m.
- Cover up with a hat, long sleeved shirt and long pants.
- Thickly apply sunscreen with an SPF of 15 or higher.
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