

## SUN PROTECTION REWARDS

Sun protection goes a long way to prevent:

- \* Sunburns  
(especially dangerous for babies)
- \* Wrinkles and sagging
- \* Blemishes
- \* Melanoma and other skin cancers
- \* Cataracts

And, best of all, it only takes a few steps!

### DID YOU KNOW?

-  Skin cancer is the most common form of cancer in the United States.
-  One in every six Americans develops skin cancer at some point in life.
-  At least 90% of all skin cancers are caused by sun exposure.
-  80% of your child's lifetime sun exposure occurs by age 18.
-  One blistering sunburn before the age of 20 can increase your child's risk for developing melanoma, the deadliest form of skin cancer.

## The Falmouth RayBusters:

### A snapshot of your community.

You and your families are on your way toward achieving healthy behavior in the sun, while still enjoying an active, outdoor lifestyle!

We surveyed over 100 moms in Falmouth. Here is some of what we learned. . .

#### ✓ Sun protection practices this past summer . . .

- 94% of babies did not receive a sunburn.
- 67% of moms with more than one child said that their older child did not receive a sunburn.
- 70% of moms had no sunburn.

#### ✓ An outdoor lifestyle . . .

Half of you spent greater than eight hours outside per week this past summer.

#### ✓ A fair-skinned group . . .

75% of moms and 81% of babies have fair or very fair complexions.

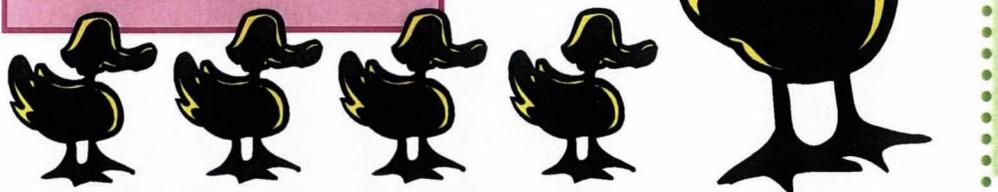
#### ✓ The natural look . . .

Many of you felt that staying your natural skin color or having a little color from the sun was most attractive, when compared to being tan. The majority of moms (83%) felt that a baby was most attractive if his or her skin stayed its natural skin color.

#### ✓ An educated community . . .

During your infant's first year of life, almost half of you had been counseled by a health professional on how to protect your baby from the sun.

We can support you in continuing to protect you and your families from the sun. Our program can offer you some more ideas for sun protection, especially during your child's toddler years and for your older children.



On the survey, many of you told us that you'd like more information on sun protection. We've assembled answers to some of your most common questions about sunscreen, protective clothing, and shade.

## Focus on Sunscreen

Tell me about the basics.

### How much should I apply?

Plan on using about 1 ounce (or 1/4 of a standard sized, 4 ounce bottle), for an adult body application and proportionately less for your baby's body. (Most people apply less than half of this recommended amount, which is partly why people burn through sunscreen).



### What rays should it cover?

Use a broad-spectrum sunscreen that says UVA/UVB on the bottle.

### What strength should I use?

Use at least SPF 15. SPF, which means Sun Protection Factor, tells you how much your sunscreen protects you and your family against sun exposure.

### How should I apply the sunscreen?

Slather it on and be sure to put the sunscreen in areas that many people ignore - behind the ears, the back of the neck, the tops of your baby's feet. Older children and parents should also use a lip balm with sun protection (SPF 15).

### When should I apply the sunscreen?

Put on sunscreen 20 minutes before going outside so that it is effective from the minute your baby is outdoors. (If you forgot, still apply it - it will take effect in another 20 minutes.)

### How often should I apply sunscreen?

Sunscreen tends to rub off while children are swimming, playing, and sweating. So it is best to apply sunscreen at least every two hours, no matter what the bottle says.

### What kind of sunscreen should I use when swimming?

Use sunscreen that is water-resistant (lasts for 40 minutes in a pool) or waterproof (lasts for 80 minutes in a pool) and reapply it after swimming.

### What should it cost?

Sunscreen can run as low as \$2.25 per 4 ounces in a bulk size. It regularly goes on sale for even less, so stock up at the sale price. Check the expiration date - many bottles can last as long as two summers. If there is no expiration date, you can call the company and ask.

**Tip:** If sunscreen irritates your baby's eyes, check ingredients on the bottle and try one that contains only titanium dioxide as the active ingredient.

**Parents:** You can use kids' sunscreen for your body, too. Sunscreens for kids often have the same active sunscreen ingredients as the adult formulations, but differ in that they have not been tested to see if they cause acne. For the adult face, use a product labeled oil-free or non-comedogenic (won't form pimples).

Using a higher number than SPF 15 doesn't help that much, unless your baby is very fair-skinned. Above SPF 15, the difference in protection is very small.

(For example, SPF 15 protects you from over 92% of ultraviolet light, while SPF 32 protects you from 97% of ultraviolet light.)

The most important thing is using at least SPF 15 and using it right.

# Riding the Waves:

## Overcoming Obstacles for You and Your Family

*On the survey, several of you mentioned challenges you face with sun protection.*

First of all, don't get discouraged if you have been having trouble or have not been able to follow all the steps of sun protection for a while. A schedule change or event in your life may have thrown you off your routine. Or maybe certain things just aren't working for you. Think of all the great things you are doing for your baby's health, and remember that sun protection is only one of them.

Here are some of the common roadblocks we heard from parents and some solutions.

### SUN PROTECTION CAN BE A REAL HASSLE

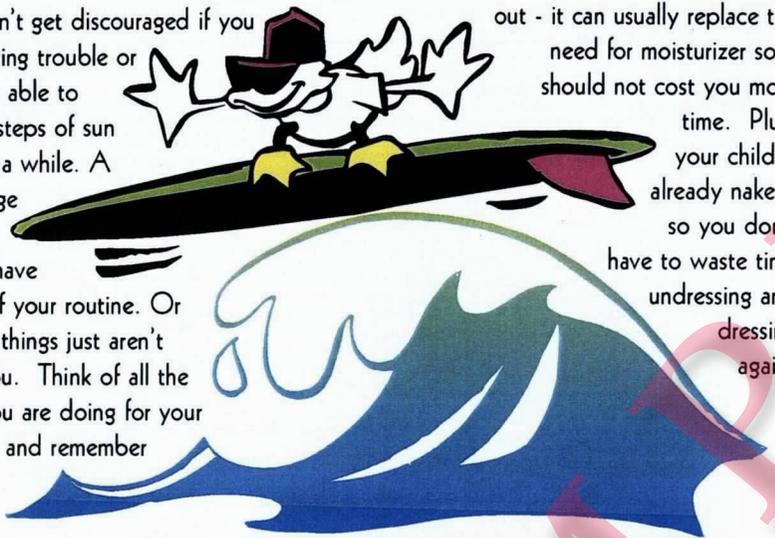
Hassles can turn into healthy habits for you and your baby. Remember what it was like when you first started using an infant car seat. Sun protection will become routine, too. Just think - 3 minutes now to apply sunscreen to avoid sunburn and a crying, unhappy baby later.

Try To Make It Easier For Yourself.

#### Tip 1. Prepare ahead.

- ☀ Keep sun protection (like sunscreen, shirt, hat, and umbrella) on hand for when you need it.
- ☀ Buy 2 extra bottles of sunscreen. Keep one in your car and one in your carrying bag so that you'll always have it if an outdoor opportunity arises.

**Tip 2.** Choose a sunscreen that is easy to apply, either a lotion, spray, or sunblock stick.



**Tip 3.** Make sun protection routine. Apply sunscreen every summer day as you are getting your child ready to go out - it can usually replace the need for moisturizer so it should not cost you more time. Plus, your child is already naked, so you don't have to waste time undressing and dressing again.

**Tip 4.** Use applying sunscreen as an opportunity for physical contact with your child. Applying sunscreen, especially for fathers who don't breastfeed, is an opportunity to physically nurture your child.

### PARENTS JUST ENJOY BEING TANNED

Although we often think of a tan as a sign of health, repeated tans are the way toward wrinkles, blemishes, and skin cancer. If it is important that your skin looks healthy, take good care of it.

**Tip 1.** Moisturize your skin when it is damp, within 3 minutes of exiting the shower. (Moisturizer penetrates damp skin much better than dry skin, and will literally lock the water into your skin so it does not dry out).

**Tip 2.** To avoid leathery skin in the future, wear moisturizer with an SPF 15 daily. The best facial skin care products on today's market contain SPF 15. Try it. You could also consider an over the counter alpha hydroxy or glycolic acid product to keep your skin looking younger - first be sure that the product doesn't irritate your skin.

## Don't be fooled!

Up to 50% of our total sunlight exposure is not direct sun, but reflected light from sand, water, cement, and snow. Summer or winter, cloudy or not, shade reduces sunlight exposure only by 20-40%. Be careful, especially if you are on vacation at high altitudes.

## WIN A T-SHIRT

### Tell us your sun protection tips.

If we publish your tip in our Summer newsletter, you'll get a RayBusters t-shirt - and a chance to help other parents, too.

For example, can you tell us how you got your infant/toddler to wear a hat, or how you made sun protection fun for your family?

Please call in your tip to our phone messaging service at (617)638-7130, e-mail it to sunsmart@bu.edu or send it to the address on the game sheet.

**Tip 3.** If you are still unsatisfied, then consider tinted makeup to enhance your natural skin tones.

And remember, you can still enjoy the warmth of the sun while your skin is protected.

# Report on Protective Clothing



## Glasses

Wear UV protective sunglasses, too.

## What do you mean by protective clothing?

Protective clothing should serve as a cover-up, so that your baby's skin and eyes are not exposed to the sun. Your baby should be in good sun shape if clothing and sunglasses are worn while outdoors, in conjunction with the other means of sun protection.

Keep in mind that if it is too hot for your baby to be in a shirt, it is probably too hot for your baby to be outside. Consider taking your baby out later in the afternoon when the weather has cooled down.

## Helpful Hints

### Clothing

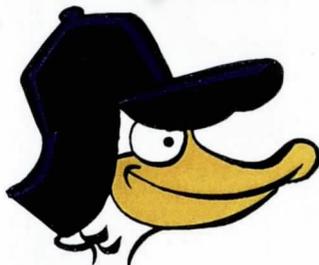
Most importantly, protective clothing is closely knit.

The heavier the material, the darker the color, the drier the fabric, the better for protecting your baby from harmful rays. Use your judgment, though, to avoid overheating.

If you want to be extra careful, put a t-shirt on your baby when she or he swims. Once your baby gets out of the water, put on a dry t-shirt (a wet cotton t-shirt has lost some of its ability to protect against the sun).

### Hats

Flapper hats have the added benefit of protecting the back of the neck and ears. If you prefer a brimmed hat for your baby, be sure that you choose one with a wide brim, keep it unfolded as wide as possible, and add extra protection to the back of the neck (with a towel or other barrier), along with sunscreen.



In case you are interested in buying clothing that, like sunscreen, has been tested for its effectiveness in protecting from the sun, there are mail-order companies that sell sun protective, SPF-rated clothing. We can talk further on the phone if you would like more information.

## Update Shade



## Do strollers and carriages provide enough shade?

Strollers, including ones for jogging, and carriages provide very little protection against the sun. While a hood or canopy may appear to protect your baby's head from the sun, it does not protect carefully against reflected light. Infant umbrellas may be attached to strollers, carriages, wagons, and even back carriers to block reflected light.

Most carriages, as opposed to strollers, come with a bootie that acts as a cover-up for the body and legs of your baby. These cover-ups are certainly an added form of sun protection, but may be too warm for your baby on a summer day. Any equivalent cover-up - a light blanket or sheet, for example, will provide some shade for your baby, in addition to the hood or canopy, with umbrella.

There are also lightweight, easily transportable newborn playpens, which are small tents for your baby to play in while outdoors. The tents are often netted, though, so remember also to use the other forms of protection.

*Our suggestions may require a little more preparation on your part, but will allow you to go anywhere and not have to worry about finding a shaded area, whether at a backyard party, a day at the beach, or a day on the boat.*

# Why Baby Skin is Different: The Need for Special Sun Protection

Infancy is the most vulnerable time for sun damage, including sunburn. During this critical time, a baby's skin is still developing and is more sensitive than it will ever be again. Because of this, an infant sunburn can be very serious, causing dehydration, fever, irregular heartbeat, faintness, low blood pressure, and shock.

During infancy, then, it is important to remember all the ways to protect your baby.

Practicing only pieces of the pie won't work. We all know we can burn through sunscreen or while wearing a hat. Try to use all of the sun protection steps:

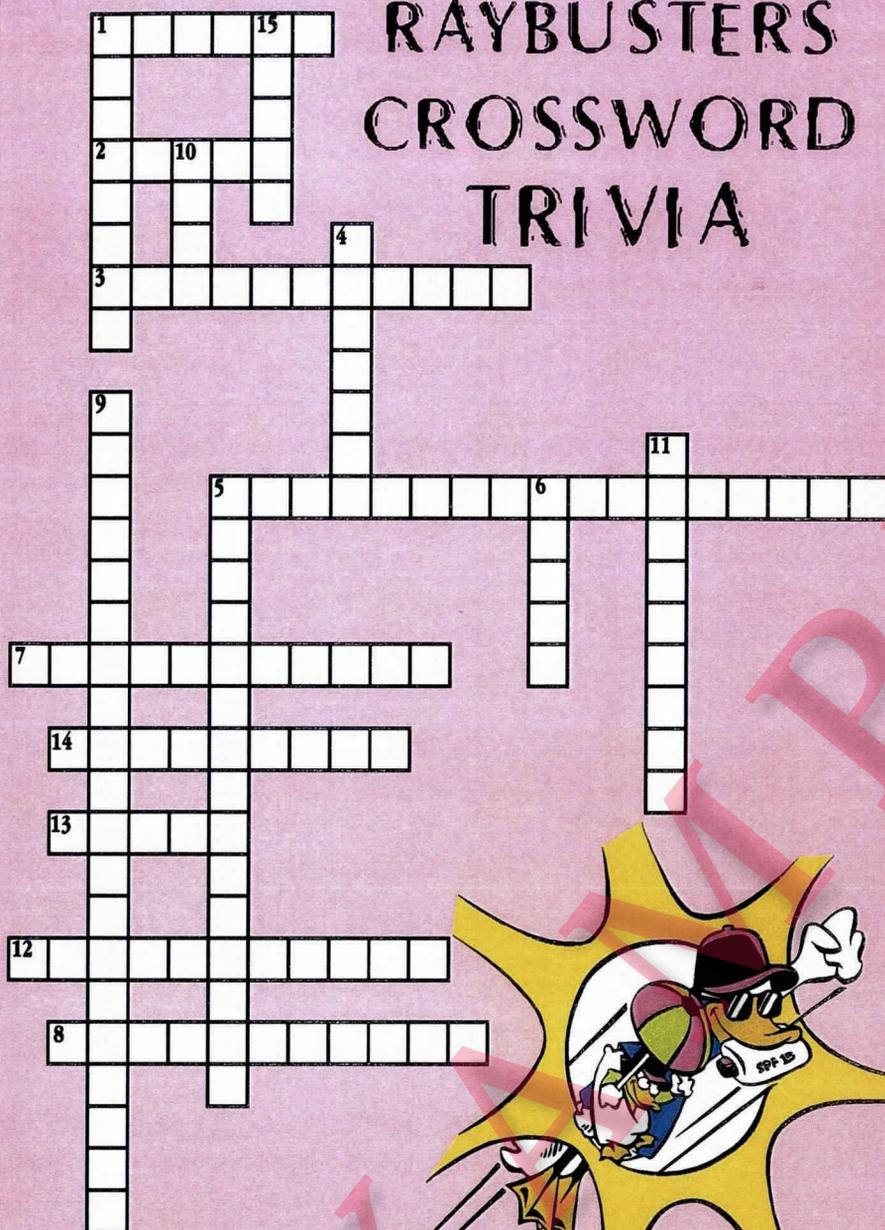
1. Cover up with a hat, shirt with sleeves, and shorts or pants.
2. Protect the eyes with UV protection sunglasses.
3. Find shade.
4. Limit your baby's outdoor time during peak sun exposure (10 AM - 4 PM) as much as possible, especially during the first year of life.
5. Use sunscreen with a sun protection factor (SPF) of 15 or greater once your baby reaches six months of age.\*

Take good care of yourself, too - your baby needs you in good health.

FOR MANY PEOPLE, ESPECIALLY BABIES, IT TAKES ONLY 10 MINUTES OF UNPROTECTED SUN EXPOSURE TO BURN.

\*The Food and Drug Administration (FDA) suggests that parents wait until six months of age to start using sunscreen on babies. The American Academy of Dermatology, the American Academy of Pediatrics, and the Skin Cancer Foundation support this FDA age cutoff for sunscreen use.

# RAYBUSTERS CROSSWORD TRIVIA



## ACROSS

1. Home of the Red Sox
2. \_\_\_\_\_ Pond Middle School
3. Red Sox retiree with 521 homers, including a spectacular 'farewell' homer
5. Legacy of 1919 Ruth trade to Yankees (4 words)
7. Returned to Red Sox from WWII in 1946
8. Falmouth Beacon
12. Jones Road and Gifford Street Inn
13. Cape Colony Lodge
14. Fish and Chips Emporium

## DOWN

1. Second largest town on Cape Cod
4. 1999 Sox trade to Yankees
5. Impossible Dream Teamer, "Yaz"
6. Red \_\_\_\_\_ Inn
9. Rip Van Winkle slept here
10. Thomas Landers \_\_\_\_\_
11. 'America the Beautiful' Author \_\_\_\_\_ Lee Bates
15. Shoreway Resort

## Message from the Director



As a child, I spent many hours in the classroom watching my mother teach children with special learning and medical needs. Through this experience, I learned at a very early age that it is important not to take our health for granted.

Growing up, I thrived on the outdoors and equated being outside with good health. It was not really until I entered medical school (almost ten years ago!) that I recognized the relationship between sun exposure, skin cancer, and premature aging. I became interested in reducing the high rates of skin cancer because the steps necessary to achieve this were reasonable and workable. And I was determined to do so without taking away people's enjoyment of the outdoors, including my own.

My suggestion is that you and your families live a sun protected outdoor life. While cultivating an appreciation for the outdoors, also teach your children to take care of their skin. By introducing sun protection early, your children will develop a healthy habit that persists throughout life. With sun protection as part of their natural routine, they will avoid any unsafe sun during the most vulnerable years for sun damage. In addition, in fifteen years, you probably won't be arguing with your teenagers, encouraging them to use sun protection. With this healthy approach, you and your families will thrive on the outdoors for many, many years, and your skin will be protected.

*Dr. Benjes is a physician and diplomate of the American Board of Dermatology. She is currently a staff dermatologist/faculty member in the Skin Oncology Program and Department of Dermatology at the Boston University School of Medicine. Her expertise is in sun protection.*



# The Animals' Summer Outing to the Zoo: Colors of the Rainbow

A words exercise for you and your baby: Name the animals and their colors.



## Research Supports RayBusters Advice:

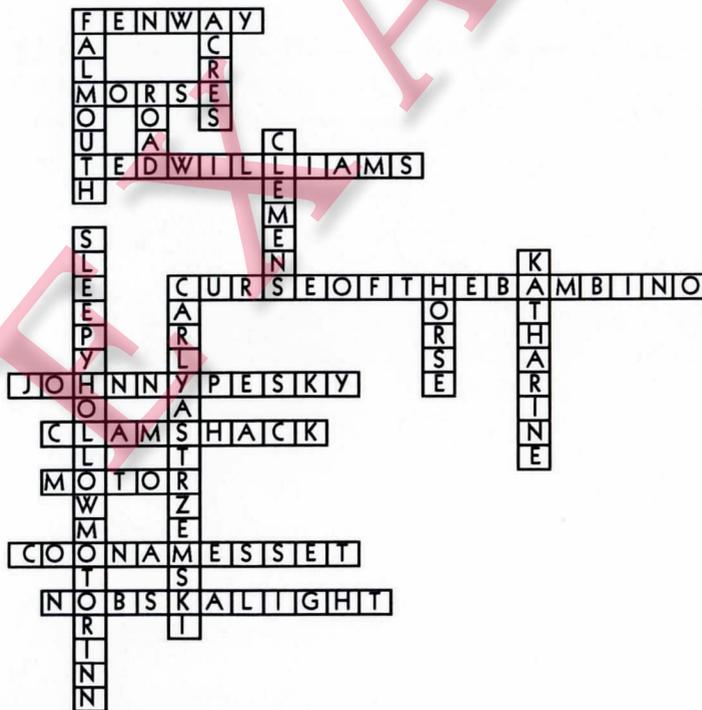
### Does sunscreen really work?

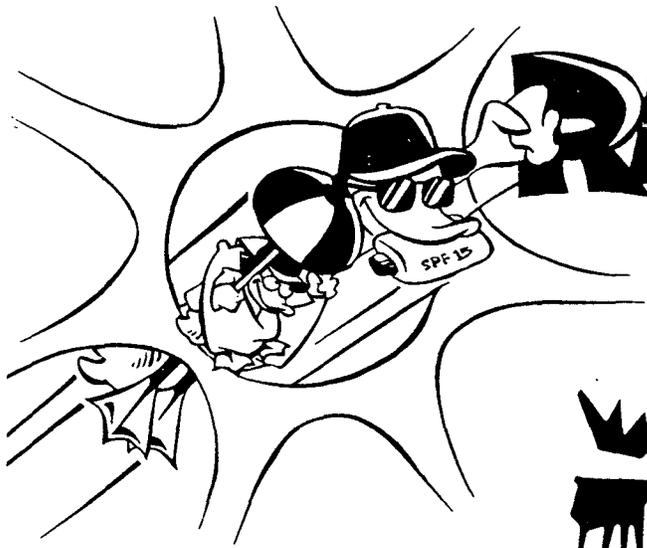
For almost twenty years, scientifically valid studies in both humans and animals have shown the damaging effects of sun on the skin. Sunscreen has repeatedly been shown to decrease the risk of serious skin cancers and the signs of early aging, including brown spots, wrinkling, and sagging. According to an article in the *New England Journal of Medicine*, sunscreen has also been shown to reduce the numbers of pre-cancerous sun spots. The experts, therefore, conclude that sunscreen really does work.

### What if I already have sun damage? Is it too late?

Fortunately, research shows that some of this damage might be reversible. Skin damage may be eventually repaired if precautions are subsequently taken with sunscreen and reduced sun exposure. Therefore there is still hope for those of us who have spent years sunburning and tanning, and it is still worthwhile to start practicing sun protection now.

## RAYBUSTERS CROSSWORD SOLUTIONS





# RAY BUSTERS

## GAME SHEET

### A Joke or Two

Are potato chips any good in the pool?

**Yes, potato chips are made for taking dips.**

Are boats with no motors expensive?

**No, they're cheap. They're always on sail.**



HA, HA, HA!

### Tongue Twisters

Calvin kept cool

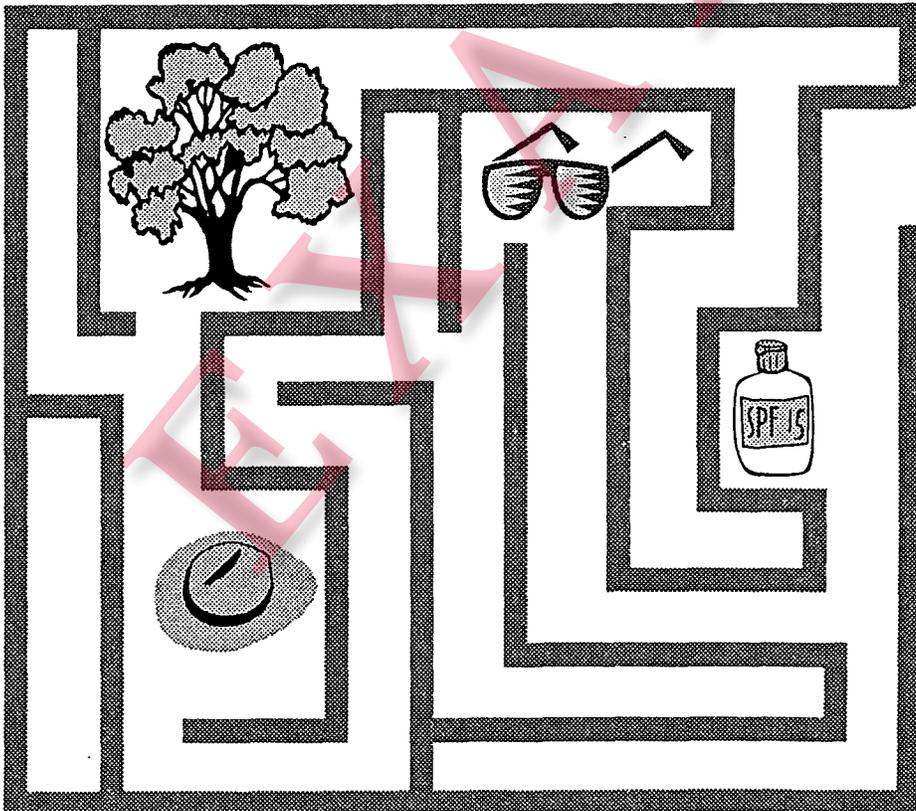
Sally's shirt shielded sun

Sam's sweet sunglasses stopped Sam's squinting

## Arthur™ In A Maze!

The sun's out and Arthur is going to meet his friends at the park.

Can you help him find his way to the things that will keep him cool & save his skin?



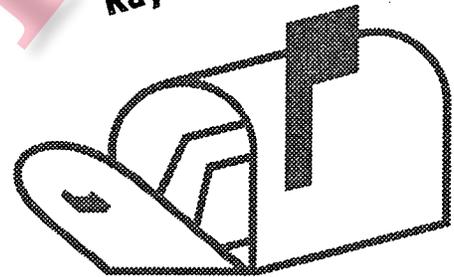


# RAYBUSTERS

## GAME SHEET

Design your own  
Sunscreen Bottle!

Send us your child's sunscreen  
bottle designs and your child  
will receive a special  
RayBusters Certificate.



If we publish your child's design  
in our Summer newsletter,  
your child will get a  
RayBusters t-shirt.

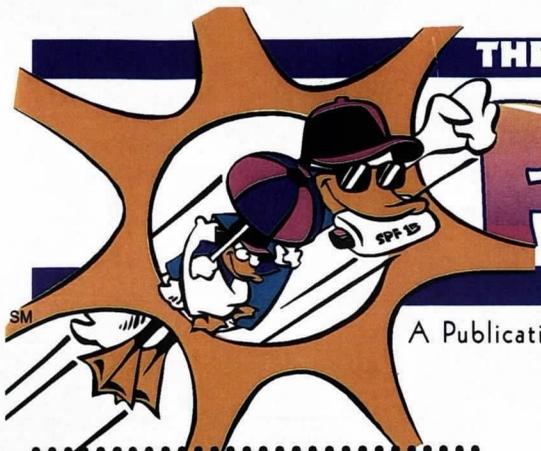
Please send it to:

Dr. Lori Steinberg Benjes  
Boston University School of Medicine  
Department of Dermatology  
Skin Oncology Program  
609 Albany Street  
Boston, MA 02118

Or you can even send a computer design  
of a sunscreen bottle by e-mail to:  
sunsmart@bu.edu.



EXAMPLE



THE

# RAYBUSTERS<sup>SM</sup>

BULLETIN Summer 1999 Issue

A Publication of Boston University School of Medicine Family Sun Protection Project

## In Review

Remember to practice all the sun protection steps together.

1. Cover up with a hat, shirt with sleeves, and shorts or pants.
2. Protect the eyes with UV protection sunglasses.
3. Find shade or take it with you.
4. Limit outdoor time during peak sun exposure (10 AM – 4 PM) as much as possible, especially during the first year of life.
5. Use sunscreen with a sun protection factor (SPF) of 15 or greater once your baby reaches six months of age.



## Sunscreen - Who's Doing What?

- Most people apply less than 1/2 the recommended amount of sunscreen.
- Women typically use sunscreen more frequently than men.
- In a large study of 24,000 teens, kids who never used sunscreen were also more likely to engage in other risky behaviors: smoking, drinking, and rarely wearing a seatbelt.

## PHONE PEARLS FROM FALMOUTH MOMS

Here are just some of the helpful ideas and comments individual mothers shared with me on our telephone call...

### Alternatives to the traditional cover-up...

- ☎ Oversized t-shirts - have your child wear his older sibling's t-shirt, or buy a few sizes too big - it will cover more without being too warm.
- ☎ Long-sleeved beach robe with hood.

### Makeshift flapper hats...

- ☎ Sew a flap to the back and sides of a baseball cap to cover the back of the neck and ears.

### Keep your hats on...

- ☎ Stitch two cool bandanas to both sides of a hat, to use as a tie under the neck.

### Remember the feet...

- ☎ Surf shoes (plus sunscreen!).

### How to limit sun exposure during peak hours without missing out...

- ☎ Schedule nap or lunchtime (indoors) for the peak of the day.

### Lessons in sunscreen application...

- ☎ One mom says, "I cover him like a crème cake!"

### Getting your kids involved...

- ☎ One mom's observations: The more I allow my son to do, the better he feels and the more excited he is to perform tasks, as opposed to me doing everything for him or "to" him. So my son takes gratification from putting on his hat himself or, after I spray the sunscreen, he happily spreads it on his skin.

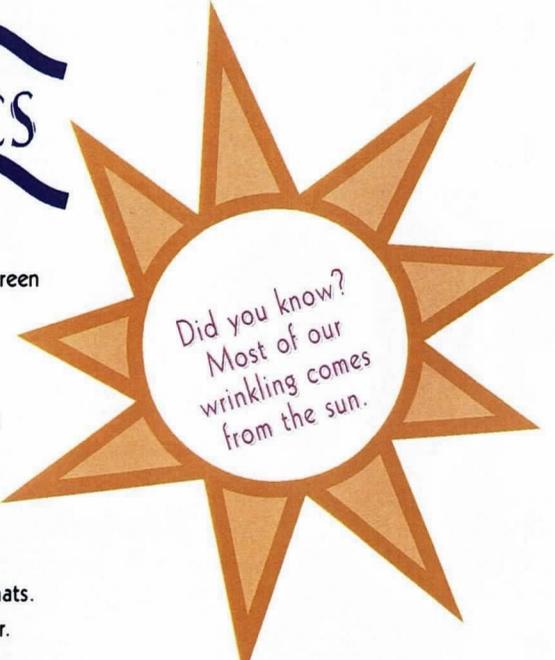
## QUICK BASICS

### SUNSCREEN:

- ☼ Apply a heaping handful of sunscreen (for an adult body application).
- ☼ Put on sunscreen every 2 hours while outdoors.
- ☼ Irritated eyes - try a product that has only titanium dioxide as the active ingredient.

### COVER-UP:

- ☼ Put on flapper or wide-brimmed hats.
- ☼ Attach an umbrella to your stroller.



Did you know?  
Most of our wrinkling comes from the sun.

## Focus on Sunglasses

The sun damage that causes cataracts results from a lifetime of sun exposure, so it is never too early to protect your child's eyes from the sun. Cataracts cause clouding of the vision and are the number one cause of blindness in the world. Therefore sun protection is not only about saving your skin, but also your eyes!



### HOW DO I KNOW THE SUNGLASSES THAT I AM BUYING WILL BE PROTECTIVE?

When buying sunglasses for you or your kids, just look for those sunglasses labeled with a tag "UVB" - this is your guarantee you are getting the required sun protection.

### WHERE DO I FIND CHILDREN'S SUNGLASSES AT A REASONABLE PRICE?

Children's sunglasses can be found starting at \$2.50 at toy and drug stores. The more expensive designer sunglasses sold at specialty shops may offer other features, but not a higher quality of sun protection.

### IF YOUR CHILD ALREADY WEARS PRESCRIPTION GLASSES:

Ask your doctor if they are coated with UVB protection. The coating for UVB is clear and inexpensive and provides the needed sun protection.

## Focus on Sunscreen - revisited

### WHAT TYPE OF SUNSCREEN SHOULD I USE FOR MY FAMILY?

Consider using a physical sunscreen (containing titanium dioxide) for the face so the eyes won't sting, and chemical for the body, so that it is easier to apply. Both types of sunscreen work well to block UVA and UVB.

### How the two types of sunscreen work -

**Physical (titanium dioxide):** Sits on top of the skin and acts as a barrier by reflecting and scattering the light away from the skin.

**Chemical (cinnamates, benzophenones):** Penetrates into the superficial skin and sits there, ready to absorb any sunlight that appears, so that the sunlight is "captured" by the chemical and does not enter the skin.

### Pros & Cons of each -

- Physical:**
- + Least likely to sting the eyes or cause allergy
  - Thicker to apply
- Chemical:**
- + Easier to rub in
  - Might sting the eyes if one sweats, rubs, or cries, and will cause allergy more readily

## Focus on Driving



### CAN MY CHILD GET A SUNBURN THROUGH THE CAR WINDOW?

Yes. Windowglass blocks UVB, but not UVA. Even when all windows are closed, UVA can still be transmitted through windows, causing sunburn to passengers. Sun damage obtained through windows probably explains why drivers in countries with left-hand drive cars have more skin cancers on the left side of their faces, while countries with right-hand drive cars have more on the right side of their faces.

Remember to practice sun protection in the car - wear protective clothing and a hat, but also keep a bottle of sunscreen on hand in a cool storage compartment, to use especially when the windows are open.

### "SUNSCREEN" FOR THE WINDSHIELD

You may have a UV protection film installed onto your side and rear windshield. This film will block nearly all UVA. In its clear form, the film is completely invisible to the naked eye. Films also are available tinted. See the yellow pages under "Window Tinting" for local dealers. A less expensive option is an auto shade that can be purchased from baby stores and attached to windows by suction cups.

# THE U INDEX

The National Weather Service created the Ultraviolet Index (UVI) in 1994, with help from the Environmental Protection Agency and the Centers for Disease Control. It was developed as a response to the increasing concern expressed by health care professionals and public health officials regarding the dramatic rise in skin cancers and cataracts due to excessive sun exposure.

## WHAT IS THE UV INDEX?

The UV Index measures the sun's output of ultraviolet radiation (UV) at midday. It takes into account the elevation of the sun in the sky and the amount of ozone and clouds present, and provides a next day forecast of the amount of damaging UV radiation expected to reach the earth's surface.

## HOW DO I USE THE UV INDEX?

The Boston Globe provides the daily UVI on the weather page. The UVI specifically for Falmouth can be found at [www.nws.noaa.gov](http://www.nws.noaa.gov), under the beach and boating forecast. It uses a scale of 0 to 10+ to rate the risk of exposure to the sun. 0 represents a low risk, while 10+ represents a very high risk; that is, people can burn in under 5 minutes!

As the UV index increases, one should be more cautious with all the steps of sun protection. However, if the UV index is 7 or greater, you and your families should minimize your time spent outdoors and consider fun activities to stay cool indoors or in the shade.

## Skin Info At Your Fingertips

American Academy of Dermatology  
(847) 330-0230, <http://www.aad.org/>

American Cancer Society  
800-ACS-2345, <http://www.cancer.org/>

# One Mother's Personal Story

**M**y name is Kerry Marino. I am 35 years old and a mother of two children, Christopher (7 1/2) and Paige (6). I also have skin cancer.

**I** was diagnosed four years ago. Even though I have a family history of skin cancer, I never thought I would be a victim since I have stayed out of the sun for the past ten years. However, the damage was already done from my teenage years when I would "bake" in the sun for hours.

**T**he purpose of this article is not to scare anyone, but to share with you my personal experience with skin cancer and hopefully to make people realize it is a true epidemic that needs to be taken seriously.

**F**our years ago at a yearly skin checkup, the doctor removed a tiny flesh toned nodule from my forehead. I did not think it was anything serious, just cosmetic. About one week later, I received a phone call from the doctor's office telling me I had basal cell carcinoma. I vividly remember feeling numb as the woman on the other end of the phone was telling me this. All I heard was the word carcinoma, which I knew meant cancer. At this point I did not know the differences between the three skin cancers (*see page 5 for more information on skin cancer*). All I knew was that I had skin cancer and I was horrified.

**I** was then told that the damaged tissue had to be removed. Because it was on my forehead, I wanted to make sure I chose a surgeon who was not only extremely knowledgeable with skin cancer, but also a wizard at minimizing scarring.

**T**he surgery was scheduled for two weeks later. The day of the surgery, I received a needle shot in the forehead to numb the pain. I remember thinking I wanted to be knocked out completely and wake up when it was all over. The doctor removed the tissue in three separate stages checking it under the microscope each time for cancer. We were all hoping that the cancer didn't spread too deep. I remember feeling sick to my stomach. I just kept praying for healthy tissue. The surgery seemed an eternity but in reality it was not long at all. After removing 3 layers of tissue, the doctor announced that the tissue was healthy.

**H**e then had the task of stitching me so there would be minimal scarring and no distortion of the skin. Because I was so young and my skin was taut, he had to be very creative in suturing. It took sixteen stitches to close up the wound. I never would have guessed that a pin-sized nodule could have caused so much damage! As I sat up, the nurse gave me a mirror. I did not know what to expect. The area was swollen and red. I asked the doctor if I was going to have a scar. He assured me that if I took care of the surgical site properly I would have minimal scarring. I was given pain killers to take for the rest of the day. I was so tired. I just wanted to sleep.

**I** had a bit of a headache for the next few days, but I believe it was just my nerves. I kept a bandage on my wound and made sure I was not in the sun. I thought the wound was healing because I felt an itching sensation where the stitches were. One week later I was back at the doctor's office to have my sutures removed. We were all pleased with the healing.

(continued on next page)

# Riding the Waves:

## Overcoming Obstacles for You and Your Family

*On our telephone call, many of you mentioned that your children resist some of the sun protection practices. Here are some possible suggestions for you by our behaviorist, Catherine Powers, EdD, LSW.*

**Whether it's putting on a hat, wiping food off her face, or putting on sunscreen, my daughter seems to battle me every step of the way. Am I doing something wrong?**

As young as 4 or 5 months of age, infants are already beginning to assert their independence and are capable of displaying streaks of temper and moments of stubbornness. As disconcerting and untimely as these displays of independence may seem, they are actually important developmental steps that allow your child to develop a sense of herself as an independent being.

**What can I do to encourage her to cooperate?**

Young infants are so curious about the world around them - they can easily be distracted.

- ⚙ Try to divert her attention by giving her something to hold onto or play with.
- ⚙ Make eye contact and sing to her as you wipe her face or put on the hat.

Older infants may enjoy helping with the process.

- ⚙ Try using a colored sunscreen to get her attention. You can put it on and play "point and say". "Can you show me your nose, your foot, etc.?"
- ⚙ Try a game of "Silly Mommy".

When the child refuses to put on her hat ask if you may wear it instead. Place the hat on your elbow and ask "how do I look?" Children usually respond with a sense of disbelief and shake their heads "no" that's not right. Next try it on your knee. "Is this where it goes?"

Usually by the second or third "mistake" the child is eager to show you where it belongs. You can try this when applying sunscreen or changing for bed, too!

Involve your older children.

- ⚙ Your children often will respond to their older siblings, the ones who can walk and talk and do everything else the youngster can't wait to do! Enlisting your older siblings also makes them feel part of the process and gives them the helper role, which can be very rewarding for them.



## One Mother's Personal Story

(continued from page 3)

**F**or one year I went every three months for checkups. With each visit the scar was fainter and fainter. I was thrilled. The next year I went every six months. Now I go once a year for a complete checkup. I am very glad I do because one exam already changed my life and a future one might one day save it.

**H**owever, if I do notice something different on my skin, I call immediately and get it checked. I do not

wait until my scheduled appointment. It is much better to be safe than sorry. Skin cancer has such a high cure rate if caught early.

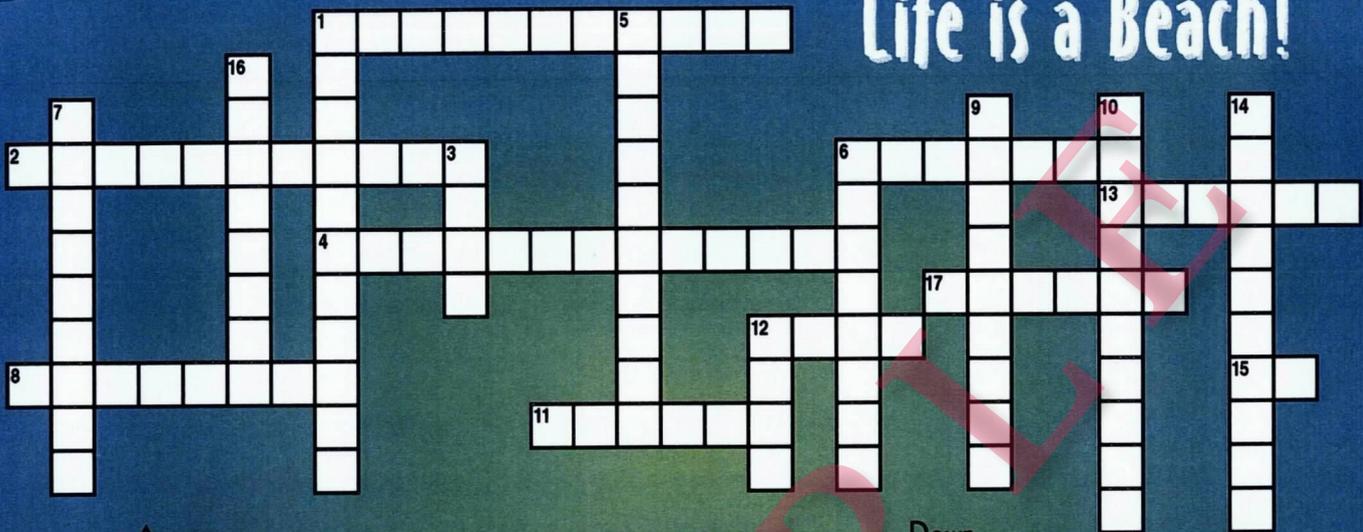
**S**ince my experience four years ago, I make sure I put on sunscreen everyday. I make it part of my morning routine. Sometimes it is hard, taking the time to put the sunscreen on when I have two kids I have to get up and take care of in the morning, but I just remind myself that a little caution goes a long way. I will do what I have to in order to

avoid going through what I did four years ago. More importantly to me, my children see my routine and it is second nature to them. They never leave the house without sunscreen. Studies show that if you prevent your child from getting one sunburn before the age of eighteen, you can greatly reduce their chances of getting skin cancer. . . pretty good chances, wouldn't you say?

See back page to learn more about your own risk for skin cancer.

# RAYBUSTERS CROSSWORD TRIVIA

Life is a Beach!



## Across

1. Falmouth's name when settlers came
2. You don't need to go to NYC to visit this one (2 words)
4. Woods Hole Transport (2 words)
6. Shining Sea \_\_\_\_\_
8. Summer Special: twin \_\_\_\_\_
11. Jodi was the little Coppertone girl
12. swim past tense
13. Come on a surf fin' \_\_\_\_\_
15. Sun ray
17. Wave rider

## Down

1. Location of Woodneck Beach
3. Located on the Bay
5. Pond on north end of Main Street
6. TV Beach Patrol
7. Singing kings of surf music (2 words)
9. Across from Bourne's Pond
10. You may find some pearls here!
12. \_\_\_\_\_ Drive Beach
14. You can all me "Chappy"
16. Crustacean cookout

# The Scoop on Skin Cancer

The two most common forms of skin cancer are basal cell and squamous cell carcinoma. They can be successfully treated with surgical removal and few people die from them. Although these cancers rarely spread to other parts of the body, it is important that they be found and treated early because they can very slowly invade and destroy nearby tissue, like the cartilage of the nose or the orbit of the eye, leaving disfiguring scars. Many of these scars are on visible areas like the face.

The most common warning sign of skin cancer is a change on the skin, especially a new growth or a sore that doesn't heal.

Basal cell and squamous cell cancers look like a pale, waxlike, pearly nodule, or a red, flaky, sharply outlined patch. Both of these types of cancer are found mainly on areas of the skin exposed to the sun – the head, face, neck, hands, and arms. If you notice one or more of these warning signs lasting for more than two weeks, see a doctor as soon as possible.

## MELANOMA

Melanomas are the least common, but most dangerous type of skin cancer. Early diagnosis and treatment is very important with melanoma. If detected early, melanoma

is curable. Unfortunately, if picked up too late, it can spread throughout the body causing death.

Often, the first sign of melanoma is a change in the size, shape, or color of a mole or other spot on the skin. Or it can appear as a new, abnormal looking mole. That's why it's important to get to know the color, shape, and location of your moles, so you can notice any changes. Also pay attention to any new symptoms such as bleeding or itching.

In men, melanoma is most often found on the back. In women, melanoma often

(continued, page 6)

# The Scoop on Skin Cancer

(continued from page 5)

develops on the trunk or the lower legs.

Use the **"ABCD"** rule to help you remember the warning signs for melanoma:

- A**symmetry - The shape of one half does not match the other.
- B**order - The edges are often ragged, notched, blurred, or irregular in outline.
- C**olor - The color is uneven. Shades of black, brown, and tan may be present. Areas of white, grey, red, pink, or blue also may be seen.
- D**iameter - There is a change in size, usually an increase. Melanomas are usually larger than the size of a pencil eraser.

Many melanomas show all of the

ABCD features. However, some may show changes or abnormalities in only one or two of the ABCD features.

## CHECK YOURSELF OUT

**Do skin self-exams.** You can regularly check yours and your family's skin (including dad!) for new growths or changes on the skin. We generally recommend doing a skin self-exam every month. Some people like to pick the same date of every month, like your birthdate or another memorable day, so as not to forget the routine. A good hint for women is to do it the same time you do your monthly breast exam. If you notice anything that concerns you, see a doctor.

self-exam.

**For more information** on skin cancer and doing skin self-exams, call the organizations on page 3.

And remember, skin self-exams do not replace the practice of sun protection. Skin exams by you and your doctor, along with sun protection, are the most important ways you can combat skin cancer.



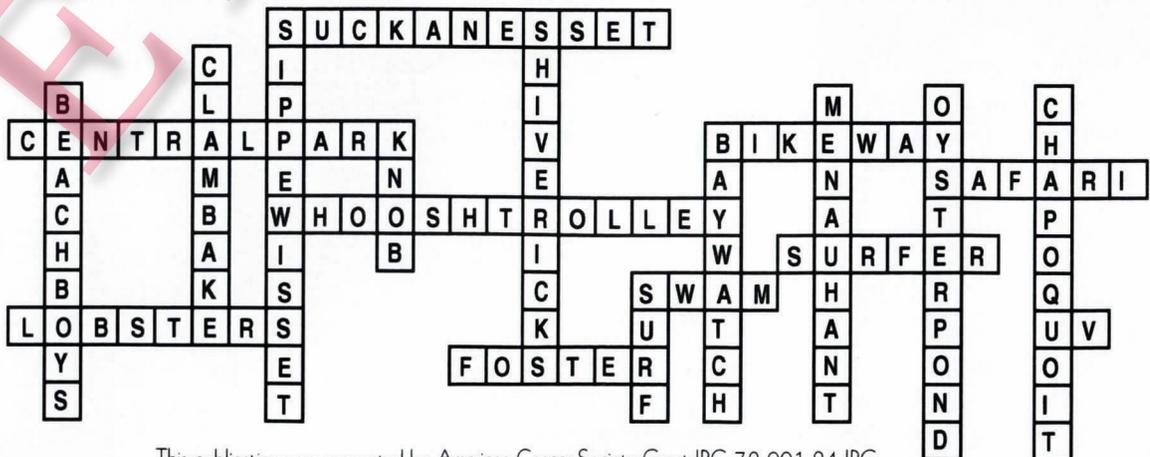
**Get your skin examined by a doctor.** Your doctor should look at the skin during routine physical exams once per year. You can also ask your doctor to show you how to do a skin

## YOUR SKIN CANCER RISK.

Certain factors may increase your risk for skin cancer, even if you've rarely spent time in the sun. These include:

- light skin, hair, and eyes
- tendency to freckle
- skin that burns easily
- skin cancer in the family
- blistering sunburns during child and young adulthood

## RAYBUSTERS CROSSWORD SOLUTIONS





# RAY BUSTERS

## GAME SHEET

### Tongue Twisters

Billy's brim blocked burns

Sunscreen saves sensitive skin

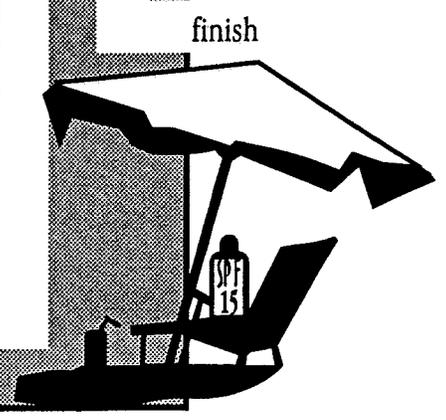
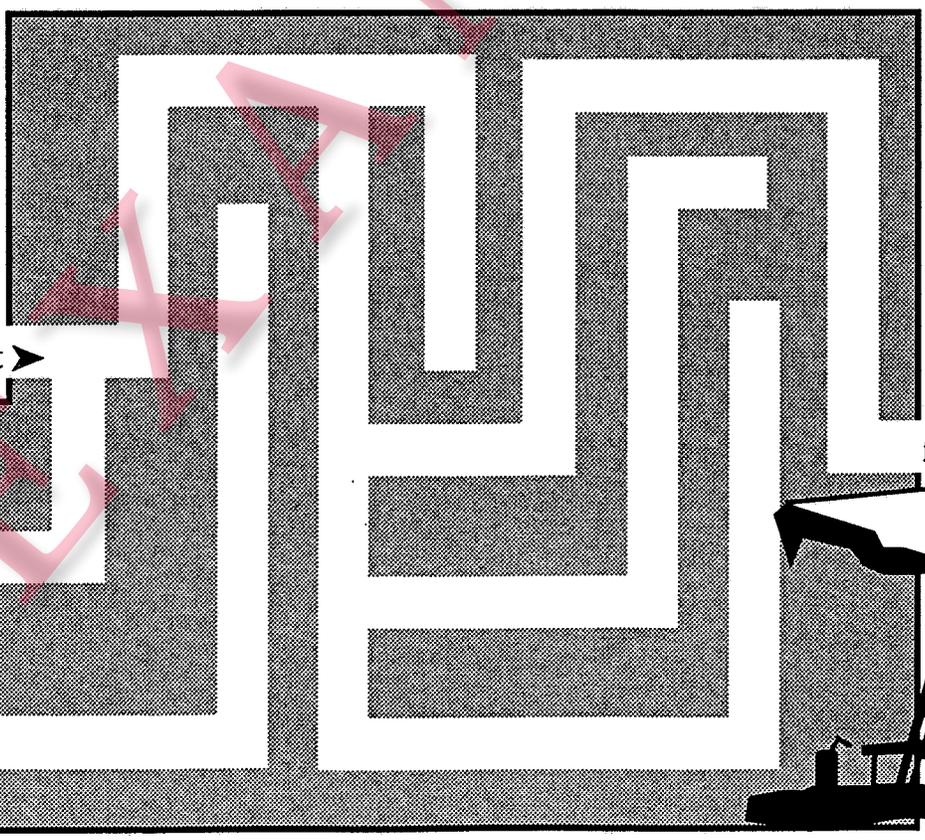
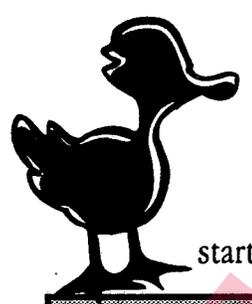
Sara's shade saved skin

Harry happily hid his head in his hat

Smart surfers sun safely



Can you help our duck find her way to the shade?





# RAY BUSTERS

## GAME SHEET

Can you find  
the hidden hat?

Color in each shape  
that contains a letter.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

A B C

SPF 15

## Child Care Feature

# ●● Make the Most of Your Outings ●●

There is nothing more exciting than exploring the world with your child. The every day experiences we take for granted come alive when we re-visit them through the eyes of our children. Even a walk to the local park can become a learning adventure with a little advanced planning. ☆ ☆

## Outing Essentials

- ⊙ A backpack or 'hands-free' bag with several small compartments allows mobility and provides practical storage for supplies. Consider a mesh bag for the beach (the sand won't collect at the bottom).
- ⊙ Umbrella for stroller, sunscreen with SPF 15 or higher, hats for you and your child, extra t-shirts. ☁
- ⊙ A sunshade for your windshield to keep the car cool.
- ⊙ Netting for the stroller to prevent bug bites.
- ⊙ Makeshift First Aid Kit, with bandaids and antibiotic ointment for those unexpected scrapes and cuts.
- ⊙ A sports bottle with water for you and a baby bottle or sippy cup with water or juice for your child.
- ⊙ Snacks - even a walk to the local park can make explorers hungry and thirsty! Fruit snacks are preferable to crackers or dry snacks because they provide energy from natural sugars and are high in vitamins and water content. This helps rehydrate thirsty explorers. Good choices for toddlers are oranges and peeled, sliced apples.

For infants on solid foods, a  $\frac{1}{2}$  banana (mashed) is a good choice. Bananas are easy to carry and prepare on site. In addition to providing vitamins A, B6 and C, bananas contain more than 75% water.

- ⊙ Wet wipes or a moist face cloth and an extra diaper.
- ⊙ Transition toys. Whether you are walking to the park or riding in the car, a special transition toy is an excellent way to make the process smooth. Transition toys provide children with a concrete representation of change or transition. Children will begin to identify that special puppet or toy with transition and this will help them prepare for the change. For infants, try a colorful interactive stroller or car seat toy. Studies have shown that even infants as young as 3 months have a rudimentary memory and understanding of time.

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## EXPLORER GEAR

(For babies, toddlers & children)

- \* A small paper lunch bag to collect treasures.
- \* A magnet and magnifying glass to find treasures on the beach or at the park.
- \* A few soft toys to play with when you arrive (hand puppets are a fun interactive toy); a book.

\* For babies, colorful interactive toys can be attached to the stroller or car seat. In addition, you can bring a towel to place on the ground for your infant. Even at 1 month, babies can lift up their chins, while lying on their stomachs. Between months 2-7 babies can push their chest up from a lying position, grasp objects and sit without support. Your outing provides an opportunity to spend time with your infant strengthening these skills.

☆ ☆  
**on the way**

Children are fascinated by the built environment (houses, fences, buildings) and the natural environment (trees, water, animals). You can make the trip to your destination an educational experience using your child's natural curiosity in her surroundings. Help your child find shapes or colors in houses, buildings or the natural environment along the way. (Can you find a circle on that house? Can you show me something blue?) Your child not only improves her visual coordination, she begins to learn about shapes and colors.

In addition to exploring the world around them, the outing provides that perfect opportunity to help your child learn patience and an understanding of "time" and "cause and effect". Children as young as 1 1/2 can respond to cues regarding time. Try visual cues. "When we count 4 houses we will be at the park." Verbal cues are also helpful. "When we sing the 'Baby Beluga' song we will be home." Even infants are able to respond to auditory cues. ☆ ☆

 **YOUR DESTINATION**

With toddlers and preschoolers you can continue to explore colors, shapes and names at your destination. Using the hand puppets, children can become the 'teacher' and display their knowledge. For young children, a children's book which deals with a neighborhood adventure, like Robert McClosky's classic *Make Way for Duckling* or Rosemary Wells' *Max's Ride*, are a great way to highlight the experience. (Remember, children under age 2 will usually only listen for 2-3 minutes). For babies try Playskool's *Baby Faces*. Babies can look at pictures of other babies and imitate the facial expressions. From birth to 3 months, infants are fascinated by human faces and by month 6 and 7 can recognize individual faces. If possible, the outing also provides that perfect opportunity for your baby to socialize with other babies.

**Back at Home**  
Your adventure doesn't have to end in the park or at the beach. Using 'treasures' you and your child have collected, you can make a scrap book and re-tell your own adventure. This helps children learn more about themselves and their immediate environment. Children like predictability and enjoy being able to tell a story again and again.

