

### The ABCD rule in detecting melanoma:

(Skin changes may be seen on existing moles or if a mole suddenly appears)



# A

Asymmetry. One half doesn't match the other, or



# B

Border irregularity. The edges are ragged, notched or blurred, or



# C

Color. The color is not uniform and may include tan, brown, black, red, white or blue, or



# D

Diameter greater than 6 millimeters (about the size of a pencil eraser)

Take advantage of cancer screenings in your area and if you see any changes in your skin or the skin of a family member, get to a dermatologist (skin doctor) as soon as possible.

Skin cancer is treatable if caught early. There are three kinds of skin cancer: basal cell, squamous cell and melanoma. The first two kinds are very common and usually very treatable. The third skin cancer, melanoma, must be caught early to be cured. More than 6,000 people die of melanoma each year. This is very tragic since the disease is potentially 100 percent curable if caught in time.

This brochure was produced in cooperation with



For answers to your health-related questions call your doctor, your local public health department, or the American Cancer Society, 1-800-ACS-2345.

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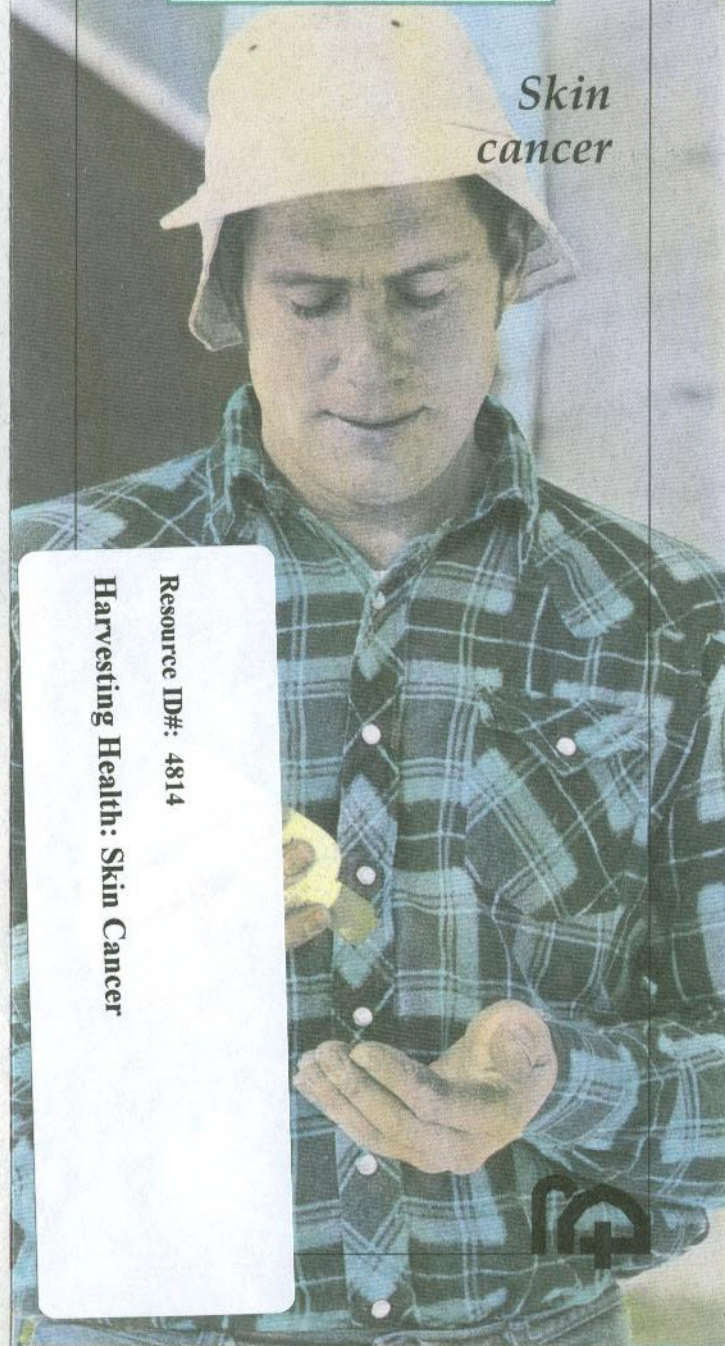


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# HARVESTING HEALTH

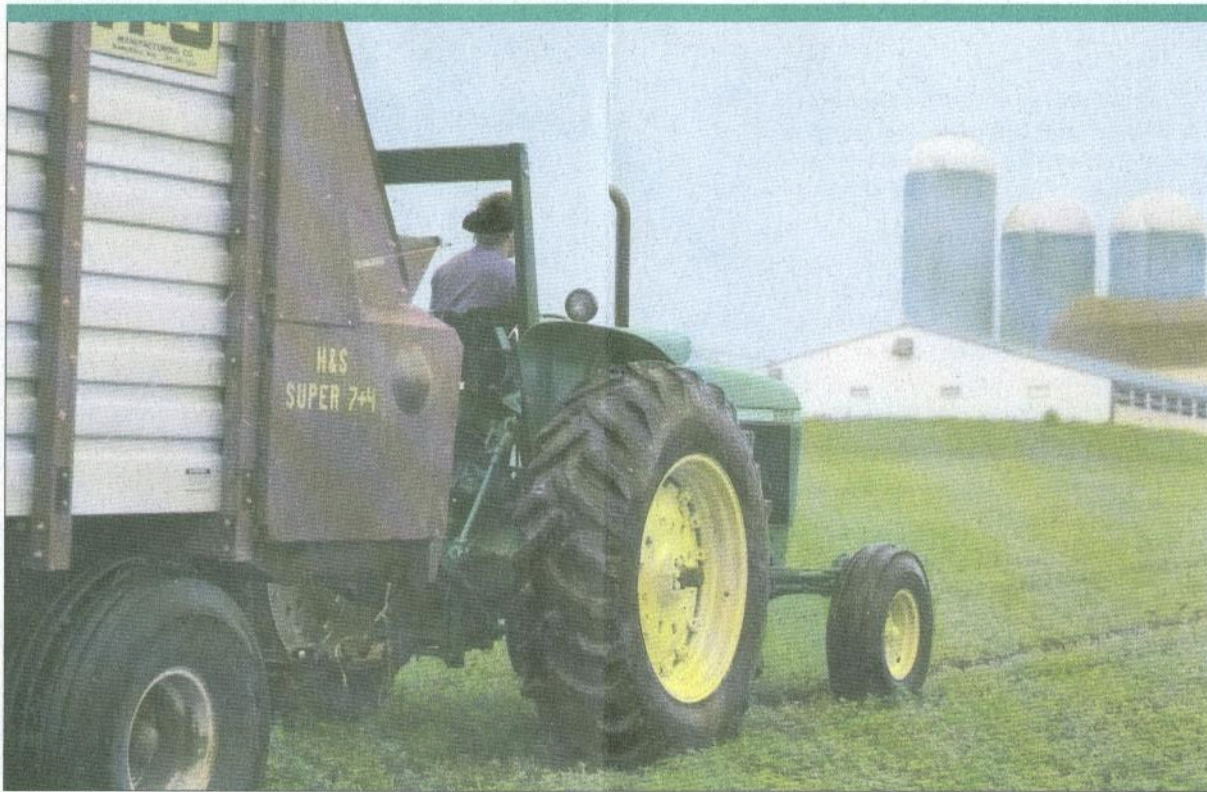
*Skin  
cancer*



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Harvesting Health: Skin Cancer





**C**hances are you think of a suntan as healthy-looking. Most of us still do. It's what we were brought up to think because suntanned people were the ones who spent most of their time outside, playing sports or, like you, working hard.

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*But today we know that truly healthy skin is not suntanned, and it's not sunburned.*

*Doctors now know that even the mildest suntan means damaged skin. It indicates skin that is a step closer to developing cancer because the sun's damage to skin is progressive. It's not just blonds or red-heads who are at risk for skin cancer. Anyone can get it, especially those who are out in the sun a lot. This isn't hype. Skin cancer is serious. Skin cancer kills. And farmers, like yourself, are at an increased risk for skin cancer because they are outdoors nearly every day of the year.*

You take charge of almost all aspects of your day-to-day living. You don't have to go along with a society that believes tanned skin is OK when you know it's not. Just as there are ways to manage your farm operations, there are ways to control your skin's health.

### *Starting today . . .*

- Apply a sunscreen with a sun protection factor (SPF) of at least 15 each morning. An SPF of 15 means you can safely stay out in the sun 15 times longer than you would be able to without sunblock.
- Wear long-sleeved, tightly woven cotton shirts, long pants and a wide-brimmed hat.
- Also, because the sun's harmful effects accumulate over the years, it's very important that you regularly apply sunscreen to your children each day and encourage them to wear protective clothing. Do this year round. The sun can cause damage in the fall and winter just as it can in the summer.

### *Every month . . .*

**B**ecause you can't avoid the sun entirely, do a monthly check for changes in mole sizes, shapes or colors, or new moles or red skin patches.