

Pre-reading Question: Have you ever been sunburned? Describe the experience.

Preventive Skin Care

Part A: Enjoy the Sun Safely



A sunny day can be a lot of fun, but the UVA and UVB rays in sunlight increase your risk of skin cancer. Skin cancer is the most common form of cancer in the United States. Anyone, no matter what color his or her skin, can get skin cancer. One of every five Americans will have skin cancer at some time during his or her life. Take these steps to protect your skin:

- Limit your time in the sun. The sun's rays are strongest between 10:00 a.m. and 3:00 p.m.
- Use sunscreen lotion, even on cloudy days. Choose a sunscreen that blocks both UVA and UVB rays, and has a sun protection factor (SPF) of 15 or higher. Don't forget to use protection on your lips.
- Wear clothing that covers your body, and a hat that shades your face and neck.
- Wear sunglasses. Choose sunglasses that block out 99-100% of both UVA and UVB rays.
- Take extra care when you are on sand, snow and water.
- Don't use sun lamps or tanning booths.

Part B: Skin Self-Exam for Men and Women

The most serious form of skin cancer is melanoma. Melanoma is the most common cancer among people 25 to 29 years old. Melanoma causes more than 75% of the deaths from skin cancer. If melanoma is diagnosed early, it can usually be cured. However, if it is diagnosed at a late stage, it is more likely to spread through the body and cause death. **Do a skin self-exam once a month.** Finding dangerous moles helps to diagnose skin cancer early.

How To Do A Skin Self-Exam

1. Check your skin from head to toe.
2. Use a hand-held mirror to look at places that are hard to see.
3. Look for moles or spots that
 - have more than one color or color that varies from one area to another.
 - have uneven borders.
 - have changed since the last time you looked.
 - feel itchy, hard, lumpy or swollen.
 - are bigger than a pencil eraser.



If you notice any of these things, call your health care provider right away.

Preventive Skin Care: Comprehension Check

Part A: Enjoy the Sun Safely

Directions: Read each sentence with the class. Decide if each sentence is true or false. Mark an X under TRUE or FALSE. Correct the false sentences to make them true.

	TRUE	FALSE
1. Too much sun on your skin can increase the risk of skin cancer.	_____	_____
2. The sun is weakest between 10:00 a.m. and 3:00 p.m.	_____	_____
3. Tanning booths and sun lamps are safe for the skin.	_____	_____
4. Preventive care for the skin includes wearing sunscreen lotion, protective clothing and sunglasses.	_____	_____
5. Skin cancer is not a common form of cancer in the United States.	_____	_____
6. The UVA and UVB rays of the sun can go through clouds, so you should wear sunscreen lotion even on cloudy days.	_____	_____
7. Protection from the sun is only needed for your arms and legs.	_____	_____
8. A sunscreen lotion with a sun protection factor (SPF) of 8 will protect your skin better than one with an SPF of 20.	_____	_____
9. No matter what color their skin, all people should use preventive care for their skin.	_____	_____
10. Choose sunglasses that block 80-100% of UVA or UBA rays.	_____	_____

Preventive Skin Care: Comprehension Check, continued**Part B: Skin Self-Exam**

Directions: Discuss the following questions with your teacher and classmates and answer in complete sentences. Copy the answers as your teacher writes them on the board.

11. How often should you do a skin self-exam?
 12. Why is a skin self-exam important?
 13. How can you examine the skin on your back?
 14. What are you looking for when you do a skin self-exam?
 - a.
 - b.
 - c.
 - d.
 - e.
 15. What should you do if you find any problems with your skin?
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Preventive Skin Care: Comprehension Check Answer Key**Part A: True or False**

Directions: Read each sentence with the class. Decide if each sentence is true or false. Mark an X under TRUE or FALSE. Correct the false sentences to make them true.

	TRUE	FALSE
1. Too much sun on your skin can increase the risk of skin cancer.	<u> X </u>	<u> </u>
2. The sun is weakest between 10:00 a.m. and 3:00 p.m.	<u> </u>	<u> X </u>
3. Tanning booths and sun lamps are safe for the skin.	<u> </u>	<u> X </u>
4. Preventive care for the skin includes wearing sunscreen lotion, protective clothing and sunglasses.	<u> X </u>	<u> </u>
5. Skin cancer is not a common form of cancer in the United States.	<u> </u>	<u> X </u>
6. The UVA and UVB rays of the sun can go through clouds, so you should wear sunscreen lotion even on cloudy days.	<u> X </u>	<u> </u>
7. Protection from the sun is only needed for your arms and legs.	<u> </u>	<u> X </u>
8. A sunscreen lotion with a sun protection factor (SPF) of 8 will protect your skin better than one with an SPF of 20.	<u> </u>	<u> X </u>
9. No matter what color their skin, all people should use preventive care for their skin.	<u> X </u>	<u> </u>
10. Choose sunglasses that block 80-100% of UVA or UBA rays.	<u> </u>	<u> X </u>

Preventive Skin Care: Comprehension Check Answer Key, continued**Part B: Short Answers**

Directions: Fill in the answers to the questions.

11. How often should you do a skin self-exam?

[Once a month]

12. Why is a skin self-exam important?

[You can detect skin cancer through self-examination. The sooner it's detected, the less likely it is to spread through the body.]

13. How can you examine the skin on your back?

[Use a hand-held mirror.]

14. What are you looking for when you do a skin self-exam?

[Choices:

- have a mole or spot that is more than one color*
- have a mole or spot that have color that varies from one area to another*
- have a mole or spot with uneven borders*
- have a mole or spot that has changed since the last time you looked*
- have a mole or spot that feels itchy, hard, lumpy or swollen*
- have a mole or spot bigger than a pencil eraser]*

15. What should you do if you find any problems with your skin?

[call your healthcare provider right away]
