



SUN SENSE

DID YOU KNOW?

- Just one or two severe sunburns during childhood or adolescence doubles the chance of getting skin cancer later in life.
- While most children are born without moles, the majority of moles develop in childhood as a result of unprotected sun exposure.
- Some scientists estimate that a young person who wears sunscreen everyday will cut their risk of developing skin cancer by as much as 70%
- Skin cancer is the most common cancer in the United States
- A tan is actually a sign of sun damage and the body's attempt to protect itself from further harm.
- The sun causes 80% of premature aging, making sun protection one of the best defenses against wrinkles.
- Although lighter skinned people are at a higher risk for developing melanoma, persons of all races and ethnic backgrounds are susceptible. It is often diagnosed at later stages resulting in a higher mortality rate.
- Studies show that nearly 75% of teenagers experience at least one sunburn during the summer. Only about one third use sunscreen.
- When your shadow is shorter than you are, you are being exposed to high levels of UV rays.
- Studies have shown that coaches can play a large role in motivating sunscreen use among athletes. For example, coaches can require sunscreen use and prevent sunburned athletes from competing.



SUNSMART PROGRAM

Young Athletes

- The American Academy of Dermatology recommends avoiding sun exposure from 11 a.m. to 4 p.m. This is exactly the times when most teams are out practicing
- Outdoor athletes are also in double jeopardy, because sweating exacerbates their risk
- The NCAA has medical guidelines for student athletes, but using sunscreen in outdoor athletics, which is very, very important, just isn't part of the culture
- Forty-six percent of 139 athletes who gave reasons for not using sunscreen blamed lack of availability, and 33 percent thought they didn't need it because of various misconceptions. Others said they didn't consider the weather hot enough for sunburn



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