



Protect Your Skin

CHALLENGE

Be sun smart to protect your skin

Requirements to complete this HEALTH CHALLENGE™

1. Read "Protect Your Skin."
2. Take action to protect your skin and prevent skin cancer.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Australian math teacher Leisa Renwick went to work, the beach was never really far away.

About 85 percent of Australia's residents live within 30 miles of ocean waters, sandy beaches, and about 250 days of sun a year.

Sounds pretty good, right? Go to work. Spend time with your family. Soak up some sun. That's kind of how it was for Renwick, until something happened.

One day everything seemed pretty normal. And then she got the news from her doctor after a recent skin biopsy.

"Stage four metastatic melanoma," doctor's told Renwick. "Sorry, there's nothing we can do."

Doctors gave the mother of three pain medication, and the sobering news she had just weeks to live.

Are you sun smart about protecting your skin? Take this quiz to find out.

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|----|--------------------------|--------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | If you get sunburned 5 or more times, your risk for skin cancer doubles. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | You should wear sunglasses to protect your eyes from the sun's ultraviolet rays. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | You can't get skin cancer if you only spend a few minutes at a time outside most days. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Using a tanning bed to get a light tan is a good way to prevent a sunburn when you're outside. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | When you're outdoors, you should apply sunscreen about every two hours, or after swimming, sweating, or toweling off. |

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about how to protect yourself from the sun. Even a little too much sun exposure or ultraviolet light from tanning beds can damage your skin. The next time you plan to be outdoors, be proactive to protect your skin, and your eyes from the sun's harmful ultraviolet rays.

Answers: 1 True 2. True 3. False 4. False 5. True

Fortunately, Renwick survived after surgery, aggressive treatment, and medication. Now she shares her story to help other people prevent melanoma and skin cancer.

About 86 percent of all skin cancer is linked to excess sun exposure.¹ When detected and treated early, 99 percent of people survive.² But preventing skin cancer is a better way to go.

In the U.S., an estimated 3.5 million people are diagnosed with skin cancer every year. And about 1 in 5 adults will develop skin cancer by age 70. What are you doing now to protect your skin from the sun?

If you want to prevent skin cancer and protect yourself from the sun's harmful ultraviolet rays, take the month-long health challenge to Protect Your Skin.

How to choose and use sunscreen
<https://tinyurl.com/y7g5us82>