

### Sun Safety Review

Based on what you learned in class about sun safety, work with a partner or individually to complete the following questions.

1. Describe the dermis and the epidermis.

Dermis: deepest layer, blood & lymph vessels

Epidermis: top layer, melanocytes

2. What is melanin and what is its role in our bodies?

Melanin is produced by melanocytes, melanin is skin pigment, melanin absorbs UV rays/light

3. What are the three types of skin cancer? Describe them.

Basal cell carcinoma - most common, cut it off, seldom spreads

Squamous cell carcinoma - 2nd most common, slow spreading, cut it off

Melanoma

4. What is melanoma?

↓  
Most deadly form of skin cancer

Metastasizes rapidly to other parts of the body  
Early detection critical

5. Which states are in the Sunbelt and where are they located?

37° N - south of this line

6. How many people in the US will develop skin cancer during their life?

1 in 3 in sunbelt

1 in 5 in snowbelt

7. Which other places in the world have high incidences of skin cancer?

Australia

8. What does the Ozone layer do and how is it being depleted?

- Blocks UV radiation

- air pollution

9. Why are more and more people getting skin cancer?

- tanning beds
- Ozone layer depletion
- beauty norms
- leisure activity time has increased
- fashion

10. What is one avoidable risk factor for skin cancer?

- Not wearing sunscreen
- amount of sun exposure (stay inside, cover up)

11. Name 2 unavoidable risk factors for skin cancer.

- geographic location
- genetics
- skin / hair type
- tendency to burn / freckle

12. Name 4 characteristics of a melanoma lesion.

- A - asymmetry
- B - border irregularity
- C - color
- D - diameter (pencil eraser)
- E - evolution

13. How can you reduce your risk of skin cancer? (List 3 ways)

- wear sunscreen
- avoid being outside in high UV index
- protective clothing
- don't indoor tan
- reapply sunscreen often

14. What is the equation for SPF protection?

$$\frac{\text{time it takes to get red}}{\text{SPF\#}}$$

15. What does SPF stand for? mins protected

Sun protection factor

16. What is reflective light and how is that dangerous?

You are getting exposed to more UV rays