

## July's Topic: Skin Protection

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### HEALTHCARE CLINIC HOURS:

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## Sun Exposure

- ❖ Now that summer has officially kicked off, you're probably getting ready to enjoy some relaxing days at the pool or to take that annual beach trip.
- ❖ While some exposure to sunlight is good for you, too much can actually be dangerous.
- ❖ There are many serious health problems that can stem from overexposure to sunlight besides just a painful sunburn:
  - Skin cancer
  - Premature aging of the skin
  - Cataracts and other eye damage
  - Immune system suppression
- ❖ Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the U.S.
- ❖ There are more than 3.5 million new cases of skin cancer diagnosed each year.
- ❖ Here are some things you can do to protect yourself from the sun.

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## Tips to Protect Yourself from the Sun

- ❖ Limit your amount of time in the sun, especially between the hours of 10 AM and 2 PM when the sun's rays are the strongest.
  - ❖ Cover your skin with dry tightly woven clothing.
    - Dark woven materials absorb ultraviolet (UV) light better than light shades of cotton fabric
    - Dry fabric offers more protection than wet ones.
  - ❖ Wear a wide-brimmed hat to protect your face, head, ears, and neck.
    - 80% of skin cancers occur on the head, neck and hands.
  - ❖ Wear sunglasses that have UV protective lenses
  - ❖ **Generously apply sunscreen.**
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## Sunburn

### ❖ Symptoms

- Red, tender, and swollen skin
- Blistering
- Headache
- Fever
- Nausea
- Fatigue

### ❖ Treatment

- Administer aspirin, acetaminophen, or ibuprofen for relief of pain, headache, and fever.
- Drink plenty of water.
- Take a cool bath or apply a cool wet cloth to the burns.
- Avoid further exposure to sunlight until the burn has healed.
- Apply a topical moisturizing cream, aloe, or 1% hydrocortisone cream to burns.
- Cover blisters with a gauze to prevent infection.

### ❖ When to Seek Medical Attention

- Severe burns covering >15% of body
- Dehydration
- Fever (>101°F)
- Extreme pain lasting for >48 hours.

### ❖ Buying a Sunscreen

- Pick sunscreen with SPF (sun protection factor) 15 or higher.
  - SPF only applies to UVB protection, which means protections against sunburn not skin cancer or other damage.
  - Example: SPF 15 means that a person can stay in the sun 15 times longer without burning than if they weren't wearing sunscreen.
    - **This does not apply to protection from skin cancer.**
  - There is no proof that SPF greater than 50 will give any additional protection.
- Select a broad spectrum sunscreen that protects against UVA and UVB rays.
  - UVB causes visible sunburn.
  - UVA causes more underlying skin damage.
- Get a water-resistant sunscreen so it will stay on the skin longer if you get wet or are sweating.
  - No sunscreen is waterproof.
  - The bottle should state if they are water-resistant for 40 or 80 minutes.

### ❖ Using Sunscreen

- Apply a generous amount, about a handful, 15-30 minutes before sun exposure.
- Use sunscreen on skin not covered by clothes.
  - Don't forget your nose, ears, neck, backs of hands, tops of feet, and top of head if you don't have much hair.
- Apply more sunscreen at least every 2 hours, even if it's water-resistant.
  - Apply more often if swimming or sweating.

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## Risk Factors for Skin Cancer

- ❖ A lighter natural skin color
  - ❖ Blue or green eyes
  - ❖ Blond or red hair
  - ❖ Family history of skin cancer
  - ❖ A personal history of skin cancer
  - ❖ Exposure to the sun through work and play
  - ❖ A history of sunburns, especially early in life
  - ❖ A history of indoor tanning
  - ❖ High altitudes
  - ❖ Skin that burns, freckles, reddens easily, or becomes painful in the sun
  - ❖ Certain types and a large number of moles.
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## What does skin cancer look like? → ABCDE rule



Symmetrical



Asymmetrical

### A - Asymmetry

If you draw a line through this mole, the two halves will not match.



Borders are even



Borders are uneven

### B - Border

The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.



One Color



Multiple Colors

### C - Color

Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear. A melanoma may also become red, blue or some other color.



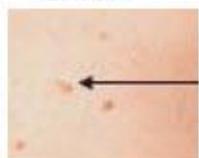
Smaller than 1/4 Inch



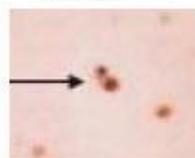
Larger than 1/4 Inch

### D - Diameter

Melanomas usually are larger in diameter than the size of the eraser on your pencil (1/4 inch or 6 mm), but they may sometimes be smaller when first detected.



Ordinary Mole



Changing in size, shape and color

### E - Evolving

Any change — in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting — points to danger.

Pictures:  
<http://www.skincancer.org/skin-cancer-information/melanoma>

## References

1. NIOSH Fast Facts: Protecting Yourself from Sun Exposure. *Centers for Disease Control and Prevention*. CDC, Apr. 2010. Web. 13 June 2014. <<http://www.cdc.gov/niosh/docs/2010-116/>>.
2. Skin Cancer: What Can I Do to Reduce My Risk? CDC. Division of Cancer Prevention and Control, National Center for Chronic Disease Prevention and Health Promotion. Jan 22, 2014. Cite June 13, 2014. [http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm)
3. Shedding Light on New Rules for Sunscreen. *Pharmacist's Letter* 2013; 29(7):290710. <http://pharmacistsletter.therapeuticresearch.com/pl/ArticleDD.aspx?nidchk=1&cs=student&s=PL&pt=6&fpt=56&dd=290710&pb=PL&searchid=46965339>
4. Melanoma. Skin Cancer Foundation. 2014. [cited 2014 June 13]; [about 6 screens]. Available from: <http://www.skincancer.org/skin-cancer-information/melanoma>



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APPOINTMENT  
TODAY!**

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## State Wellness Center

101 S. Union Street  
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. Screenings must be completed by October 31 each year. **Don't delay and get caught in the October rush at the end of the deadline period!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

## State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

### Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management