



Outrun the Sun: Sun Safety Internet Information Scavenger Hunt

1. How much sunscreen should the average sized adult use?
2. What type of doctor specializes in skin diseases and disorders?
3. Does sunscreen ever expire or do its ingredients prevent it from ever expiring?
4. Does your hair protect the sun's ultraviolet rays from penetrating your scalp?
5. Why can your skin burn more quickly when you are near water, snow or sand?
6. When should you put on sunscreen? As soon as you go outdoors?
7. What is your body's largest organ?
8. What is the most serious form of skin cancer that causes the most deaths?
9. What does SPF mean and when choosing a sunscreen, what SPF should you use?
10. Sunscreen can wear off as well as wash off when you are swimming. How often should you reapply sunscreen when you are outdoors?
11. Why does the World Health Organization discourage the use of indoor tanning beds?
12. How much does a person increase his/her risk for melanoma by using a tanning bed?
13. Explain how melanoma of the skin can travel throughout a person's body.
14. What is the UV Index?
15. What are five ways that people can protect their skin against ultraviolet radiation?

Answers:

1. People should use no less than one ounce of sunscreen.
Rub in a solid layer of sunscreen on all exposed areas of skin. Don't forget the tops of your ears, which is the number one area where people get skin cancer.
2. Dermatologist
Dermatologists treat all types of skin issues and also diagnose skin cancer. Oftentimes the dermatologist will remove the skin cancer, or he/she will refer you to a surgeon for skin cancer removal.
3. Sunscreen expires. Check the expiration date on your bottle/tube of sunscreen. Sometimes it is very difficult to find the expiration date (it may be stamped into the top of the tube or printed on the bottom of the bottle.)
4. No, your hair does not protect your scalp. UV rays can penetrate your hair and cause skin cancer on your scalp. It is important to always wear a hat when you are in direct sunlight.
5. Skin burns more quickly because sand, water and snow all reflect the sun's rays, making them even more powerful than normal.
6. You should put on sunscreen 15 minutes prior to going outdoors. This gives your skin a chance to absorb the sunscreen. If you put sunscreen on after you are outside, it will not have a chance to work immediately and your skin will be affected by the UV rays from the sun. Note: some people are allergic to sunscreen. They may be able to wear a sunscreen with natural ingredients like titanium dioxide and zinc oxide. Or, they may prefer to wear sun-protective clothing.
7. The skin is your body's largest organ. So, protect it!
8. Melanoma is the most serious form of skin cancer. While it is treatable in its earliest stages, it may become aggressive as it develops. One American dies of melanoma every hour.
9. SPF stands for 'Sun Protection Factor.' Always look for a sunscreen with an SPF of 30 or higher and also that is termed, 'broad spectrum' which means that it protects against both UVA and UVB rays.
10. Experts suggest that you reapply sunscreen every 80 minutes. Reapply more often if you are swimming or sweating.
11. The World Health Organization has deemed indoor tanning beds a carcinogen (the same category as cigarette smoking.) Use of a tanning bed before the age of 35 significantly increases a person's risk for developing melanoma and other skin cancers.

12. Some studies suggest that using tanning beds increases a person's risk for developing melanoma by as much as 75%. Tanned skin, from tanning beds or from the sun's UV rays, is damaged skin. Damaged skin not only can lead to premature wrinkling of the skin, but it can also lead to skin cancer.
13. Melanoma often spreads across the surface of the skin and also deep within the layers of the skin. If it spreads deep within the skin's layers, the cancer cells can break away and get into the lymph node system. The lymph node system is like a 'super highway' within your body. Once a cell is in the lymph node system, the cancer cell can travel anywhere in the body. Melanoma often metastasizes (spreads to) organs such as the lungs, liver, bones and even the brain.
14. The UV Index is a measurement system that tells the strength of the sun's rays in a specific location and at a specific time. For instance, in the month of January, the UV Index in Indiana could be a '2' while in Florida, it could be a '9'.
15. There are more than five ways that people can protect themselves from UV radiation. Here are five of the most common ways:
 - a. Wear sunscreen with an SPF of 30 or higher that protects against both UVA and UVB rays.
 - b. Wear a hat to protect your scalp, ears, face and neck.
 - c. Wear sunglasses to help protect your eyes from ocular melanoma and other optical diseases.
 - d. Wear clothing that protects you from UV rays (i.e. long sleeved shirts, long pants, wide brim hat, use an umbrella to cover your head, use clothing with a UPF sun protection in the fabric.
 - e. Stay in the shade when the sun's rays are their strongest (10am to 2pm.) Many experts recommend staying out of the sun between 10am and 4pm.