

THE DARK SIDE OF THE SUN: SUN EXPOSURE AND AGRICULTURE F-1721



Name _____ Date _____

1. The _____ has a significant impact on human beings everywhere.
Sun

2. Explain the S.U.N. guidelines suggested by the American Cancer Society to protect children from the sun.

S- Shadow test- if the shadow is shorter than the child; the sun is at its strongest and most dangerous point.

U- Ultraviolet sunblock with an SPF of 15 or greater should always be used if the child is exposed to the sun.

N- Now! Protect children from the harmful effects of the sun now.

3. What type of workers top the list of candidates for skin cancer because they are outdoors and are exposed to the sun on a daily basis?

Agricultural workers

4. What is twice as probable to develop if a child gets a blistering sunburn before the age of ten?

Malignant melanoma

5. List five preventative factors found in this fact sheet to consider while trying to prevent skin cancer.

- 1) **Try to avoid the sun between 10:00 a.m. and 3:00 p.m.**

- 2) **Wear protective clothing.**

- 3) **Use sunscreens.**

- 4) **Know the ways of the rays.**

- 5) **Don't use sunlamps, tanning parlors, or tanning pills.**

6. How many cases of skin cancer occur in the U.S. every year according to the American Cancer Society? How many of these end in death?

600,000 cases; 8,200 end in death

7. What causes the skin to age prematurely?
Sun tanning
8. What pigment does the body use as a defense mechanism that turns the skin brown?
Melanin
9. What occur when the body receives excessive amounts of radiation?
Sunburns
10. Blisters on the skin after a sunburn indicate what type of burn?
Second-degree burn
11. What are the risk factors leading to skin cancer? List and define.
 - 1) **Excessive sun exposure**
 - 2) **Fair complexion**
 - 3) **Geographic location**
12. List the warning signs of melanoma.
 - 1) **Any unusual skin condition, especially change in size or color of a mole, pigmented growth, or spot.**
 - 2) **Oozing, bleeding, or change in the appearance of a bump or nodule.**
 - 3) **The spread of pigmentation beyond its border.**
 - 4) **A change in sensation such as itchiness, tenderness, or pain.**
13. What are the three basic types of skin cancer? List and define.
 - 1) **Basal-cell carcinoma is one of the most common and seldom life-threatening.**
 - 2) **Squamous-cell carcinoma is also common and rarely life threatening.**
 - 3) **Melanoma is not as common but about 32,000 cases develop annually and it causes about 6,700 deaths.**

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14. What is different about Melanoma compared to other types of skin cancer?

Where on the body is it most often found?

It has a tendency to spread to other parts of the body. It often occurs near a mole or a dark spot on the skin.

15. List and define the two delayed effects of skin cancer.

1) **Skin changes – the sun can cause skin to age, wrinkle, thicken, dry out, freckle, and blemish, and develop a rough texture.**

2) **Skin cancers – these are caused by excessive exposure to the sun's ultra-violet rays.**