

WTNS Radio OSU Extension Update for May 1, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about being sun safe, and as always look at some upcoming programs from OSU Extension.

We have had some beautiful spring days full of sunshine. Warmer weather means we are spending more time outside. Are you taking steps to make sure you are sun safe?

According to the National Environmental Education Foundation, one in five Americans will develop skin cancer in their lifetime. The National Council on Skin Cancer Prevention shares there are over 5 million new cases of basal and squamous cell skin cancers diagnosed each year in over 3 million Americans.

They have designated the Friday before Memorial Day as "Don't Fry Day." There is a clever campaign to Slip! Slop! Slap! and Wrap! when you're outdoors. This means to slip on a shirt, slop on sunscreen of SPF 15 or higher, slap on a hat, and wrap on sunglasses. These are all great practices to remember as May begins.

The Upper Midwest Agricultural Safety and Health Center at the University of Minnesota offers a list of questions to consider for those working outside for longer periods of time. These include:

- Are you wearing long-sleeved shirts and pants when exposed to the sun?
- Are your hats wide-brimmed and brimmed all the way around the head, like a bucket hat?
- Have you checked your medications for increased sun risks?
- Are you using a broad-spectrum SPF 30 sunscreen lotion?
- Are you reapplying sunscreen every two hours, or more frequently with heavy sweating?
- Are you wearing sunglasses to protect your eyes?
- Are checking your skin periodically and talking to your doctor about any changes you see?
- Are you scheduling work that happens in direct sunlight to avoid peak hours?

Most men who wear hats, especially farmers, wear the traditional baseball cap. However, it does not protect vulnerable areas on the ears, temples, face, and neck. Though they may not seem as fashionable, other hats should be considered to provide better protection. These include wide-brimmed bucket hats or an Australian-style hat with a full brim.

A running joke at our house is use of the phrase “suntan lotion.” My kids found my husband’s use of this phrase confusing. “Do you mean sunscreen, or maybe sunblock?” they used to ask. Now we all just say suntan lotion in jest. No matter what you call it, sunscreen protects our skin from sunburn and minimizes suntan by absorbing or reflecting UV rays. Using sunscreens correctly is important in protecting the skin.

John Hopkins Medicine advises testing a new sunscreen for your child by applying a small amount to their wrist before using it on the rest of their body. If your child develops skin or eye irritation, choose another brand. SPF 15 blocks 93% of the UVB rays and SPF 30 blocks 97%. In most cases, SPF 30 is going to offer sufficient protection at a more affordable price than products with very high SPF numbers.

Be sure to apply sunscreen to all exposed areas of skin, including easily overlooked areas like the hairline above the forehead, rims of the ears, the back of the neck, and tops of the feet. Also consider applying a lip balm that contains sunscreen to the lips.

Self-exams are recommended by the American Academy of Dermatology, because when skin cancer is caught early, it is highly treatable. Start by examining your body front and back in a mirror, then look at the right and left sides with your arms raised. Ask someone for help to examine your scalp, neck, and back. Look carefully at your forearms, underarms, palms, backs of legs and feet. If you notice a new spot, contact a dermatologist.

And now let’s look at some upcoming programs from OSU Extension. OSU Extension will also be offering the ServSafe® Manager Food Safety Training course on Thursdays, June 8, 15, and 22 from 9:00 a.m. until 4:00 p.m., with the proctored exam Thursday, June 29. Look for registration details on our website, Coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!