WTNS Radio OSU Extension Update for March 4, 2024
Healthy People. Healthy Finances. Healthy Relationships.

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

I can remember it like yesterday. I was about 11 years old, and nervous to be in my first 4-H public speaking contest. A confident teen stepped to the front of the room and passionately delivered her persuasive speech, "Fry Now, Pay Later." She explained the connections between our behaviors and increased risk for skin cancer. I swore right then and there I'd never use a tanning bed and always wear sunscreen.

According to the skin cancer foundation, more people are diagnosed with skin cancer each year in the US than all other cancers combined. More than 9,500 people are diagnosed with skin cancer every day. More than two people die of skin cancer each hour. The greatest risk for developing skin cancer is exposure to ultraviolet (UV) radiation.

There are basically two types of skin cancer: melanoma and nonmelanoma types. With advances in medical treatments in recent decades, nonmelanoma skin cancer has an extremely high survival rate, especially in the US. Basal cell carcinoma and squamous cell carcinoma are the main types of nonmelanoma skin cancer.

Basal cell carcinoma is the most common form with about 3.6 million cases diagnosed each year. This is always found on the head and neck and the cure rate with early detection is 98%. Squamous cell carcinoma is second most common with about half as many cases annually. About 90% of these types of cancer are associated with exposure to UV radiation. I recently attended a professional in-service where we heard from Dr. Tarek Haykal of the OSU Wexner Medical Center. He shared that about half of all people who live to age 65 will have carcinoma at least once in their lifetime.

Melanoma is not the result of carcinoma "getting worse." It is a different type of skin cancer. Melanoma is also linked to UV radiation in a majority of cases. Treatments for melanoma result in higher survival rate than people may expect. But a key to this is early detection. Like other

types of cancer, once the disease reaches lymph nodes or metastasizes to travel to other organs, then the survival rates fall drastically.

I will have a DermaScan unit at the Health, Safety and Wellness Expo at the Coshocton County Community Room on Saturday, March 16 from 8 AM – noon. This machine screens for potential sun damage to the skin. This is a great tool for you to be able to get a different look at the skin on your face, which is one of our primary places for UV light exposure.

And now let's see what else is new from OSU Extension: If you would like to learn more about selling cottage foods at the Coshocton Farmers Market or from another location like your farm, join me for an upcoming local in-person workshop. The Selling Cottage Foods workshop will be Thursday, March 14 at 6:30 PM. Please call OSU Extension at 740-622-2265 to register for this free class.

The next Dining with Diabetes series will be held on Wednesday evenings in April from 5:30-7:30 pm. The cost of the program series is $20 per person and $10 for an additional support person. I will teach the classes with Leslie Mayle, registered dietitian with Coshocton Regional Medical Center. Paid registration is required by March 25.

OSU Extension will host the 9th Annual East Ohio Women in Agriculture Conference on Friday, April 5, from 9 AM – 4 PM at the Shisler Conference Center in Wooster. The conference features a networking fair and twenty breakout sessions presented by OSU Extension educators, agricultural producers, and partner agencies. Sessions this year are focused on Business & Marketing, Home & Family, Plants & Pollinators, Animals, and Special Interest. Keynote speaker will be Bonnie Ayars of Ayars Family Farm & Ice Cream.

Cost of the conference is $60 for adult participants and $30 for students. Conference fee includes conference participation, breakfast, lunch, conference handouts, and door prizes. Deadline for registration is Friday, March 22.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower 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!