

**Sun damage to skin is cumulative—
it's never too late to adopt sun
safe behaviors.**

Tips

- Apply sunscreen 15-30 minutes **before** sun exposure.
- Reapply sunscreen every two hours.
- Use, at minimum, 1 ounce of sun-
screen during every application.
- The sun's rays are the strongest
between 10a.m.—4p.m. Seek shade
during these times when possible.
- Sun safety is never out of season.
The sun's harmful UV rays reflect off
of water, snow, sand and even
reach the earth's surface on cloudy
days.
- Avoid tanning beds. The UV rays
from these beds greatly increase
your risk of developing skin cancer.

**Be Sun Savvy...
Play it Safe
in the Sun!**

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**Some content in this brochure is obtained from the
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***Be Sun
Savvy!***



**Protect Your Most
Important Assets!**

**How parents can
influence their athlete
to be *Sun Savvy!***

**North Dakota
Cancer Coalition**

Planning for a cancer-free future.

No parent wants to hear the doctor say “Your child has cancer.” My parents did have to hear these words. This is my story:

A mole first appeared on my stomach in the summer of 2006. It grew to about 1/4” in size in just a few months and was a little darker in the middle with slightly irregular borders.



Ashley Johnson

I have been a track athlete and track coach and remember many times rolling up my sleeves for the perfect tan. I tanned easy, hardly ever burned and was young and healthy. I didn’t think I had anything to worry about but my mom wanted me to have the mole examined. I visited two doctors and they did not feel the need to remove the mole.

My mom has always taught me to be my own best advocate so with a persistent request, my third doctor removed the mole. In 2008, at age 27, I was diagnosed with surface spreading melanoma skin cancer.

My hope is that as a parent you will never have to hear the doctor say that six letter word that has forever changed my life and the lives of the people I love. Encourage your child to protect themselves from skin cancer.

Dear Parents,

Protect your most important assets!

We know you do all you can to protect your athlete from injury.

Please remember, sunburns are injuries too and can affect your child’s health several years down the road.

Before practice and games please encourage your athlete to pack in their sports bag:

- UVA/UVB sunscreen with SPF 15 or greater.
- UVA/UVB lip balm with SPF 15 or greater. Lips are more sensitive than other parts of the skin.
- A hat, shirt and other protective clothing—Cover Up!
- Sunglasses that block both UVA and UVB rays.

Why encourage your athlete to protect themselves from the sun?

- Adolescents assume responsibility for their own health and establish lifetime habits.
- UV rays cause deep damage that leads to deep wrinkles—it is not worth that bronze look!
- Just one severe sunburn doubles your risk of developing skin cancer!
- Skin cancer is the most common type of cancer in the United States and is being diagnosed at younger ages.