Spring Webinar Series
2 P.M. CST

EXTENDING KNOWLEDGE >> CHANGING LIVES

NDSU EXTENSION
Upcoming Webinars

• March 18 – Growing a Butterfly Garden
  – Janet Knodel, Professor & Extension Entomologist, NDSU Extension

• March 25 – Growing Grapes in North Dakota: Common Diseases and Varieties that Perform
  – Jesse Ostrander, plant diagnostician/director, NDSU Plant Diagnostic Laboratory
Zoom Controls

Meeting Topic: Field2Fork - Tom Kalb Growing Vegetables
Host: Extension FCW
Invitation URL: https://zoom.us/j/609371435
Participant ID: 22

Controls:
- Mute/unmute
- Open chat box
- Join Audio
- Share Screen
- Invite Others

Question/Answer Controls

Chat box
Please Complete the Survey

• Please complete the short online survey that will be emailed to you after today’s webinar. It will take just a couple minutes!

• Be sure to sign up for an opportunity to win a prize in the drawing. After submitting the survey, a form to fill out with your name/address will appear.

• Acknowledgement: This project was supported by the U.S. Department of Agriculture’s (USDA) Agricultural Marketing Service through grant 14-SCBGP-ND-0038.
Staying Safe in the Sun: Insight from a Skin Cancer Survivor

BRIAN HALVORSON,
Teacher, Grand Forks Public Schools
It Can Never Happen To Me!
Not Me, Never

Those things always happen to someone else!
Why am I here?

1. My Story
2. Prevention
3. Making Choices
4. Skin Scope
Where It All Began!
30 years ago, what job did I have where I spent all day outside?
While spending time outside, what did I never use?

- Sunscreen

Why did I not use sunscreen?
• I Wanted That Nice Looking Tan!

• It Could Never Happen To Me! I’m Invincible!
Even though it could never happen to me, guess what happened?

Skin Cancer
Melanoma
Melanoma
The deadliest of all skin cancers.
My Doctor informed me I developed my Melanoma 20 years after I was a lifeguard and never protected myself from the sun.
The Beginning of My Journey!
As I take you on my journey, remember all this could have been avoided if I had only worn sunscreen.
Melanoma first found on my face
• Melanoma had spread from my face to my neck

• My doctor also thought the cancer had spread to my spine
My doctor then informed me I had a less than 1 in 5 chance to live for five more years if I had cancer in my spine.
Time to head to Mayo Clinic

• Plan to treat my cancer:
  – Surgery (Neck Dissection)
  – Radiation
  – Immuno Therapy
Radiation Treatments
Immuno Therapy

- Leukine
- Shots in the belly
- Three Years
- 543 shots!
Time To Get Busy Living
Prevention
Sunscreen

• What are your feelings about sunscreen?

• BE HONEST!!
Here are a few things kids have told me:

- “Didn’t have time, plus it is sticky and it smells”
- “Didn’t think it was that important”
- “Didn’t know that much about sunscreen”
- “Want that nice looking tan”
What Should You Look For on Each Bottle of Sunscreen?
SPF

- Sun Protection Factor

- What do the numbers mean?
How Much of The Sun’s UV Rays Are Blocked?

- SPF 20?
- 93% of the sun’s UV Rays
- SPF 30?
- 97% of the sun’s UV Rays
- SPF 50-100?
- 99% of the sun’s UV Rays
Never Use a Sunscreen with a SPF below what number?

- 30
- SPF can range from 1-100
A Majority Of People Only Apply 25% - 50% Of The Recommended Amount Of Sunscreen
• Each Bottle Of Sunscreen Tells You To Apply “Frequently”

• What Does That Mean?
Apply 15 Minutes Before Going Out Into The Sun As The Sunscreen Needs A Chance To Absorb Into The Skin
Keep Reapplying Every Two Hours
Reapply After Swimming, Sweating, or Toweling
What parts of the body do people most frequently forget to protect?

- Nose
- Ears
- Feet
- Shoulders
What time of the day is the sun the most dangerous?

- 10:00 - 4:00

- The sun causes over 90% of the damage we do to our skin

- Wrinkles

- Age Spots or Liver Spots

- Skin Cancers
The Worst Invention Ever?
• Using a tanning bed once a month for only 10 minutes increases your chances of developing skin cancer 75%!
If anyone needs a little motivation to not lay in the tanning bed and sun here ya go! This is what skin cancer treatment can look like. Wear sunscreen and get a spray tan. You only get one skin and you should take care of it. Learn from other people’s mistakes. Don’t let tanning prevent you from seeing your children grow up. That’s my biggest fear now that I have a two year old little boy of my own.
My Dermatologist at Mayo told me that almost every teenage girl she sees that has skin cancer, had used a tanning bed.
Brian,

You will not know who I am, but I work with a friend of yours. Twelve years ago I lost my wife to melanoma. It was caused by 7 sessions in a tanning bed so that she would have a tan for a trip we were taking. Well needless to say, 11 years later she had cancer and the first question that the oncologist asked her was "Have you ever used a tanning bed?" He then told her that it was the cause of her cancer. Anyway, I applaud you and the education you are giving to others about the dangers of tanning. I will do the same until I join Lynn. I confront everyone that looks like they are going to use a tanning bed and tell them of Lynn’s 2 1/2 year battle. She was a real trooper.

Hers was discovered too late.

Roger A Appell
Sheridan, WY
Best Tanning Alternative?

- Spray Tanning
- Tanning With Lotions
- No UV Rays
GARNIER

AMBRE SOLAIRE

No-Streaks Bronzer

Self-Tanning Multi-Position Spray

Extract of natural apricot, vitamin E

Easy to apply. Use it all over.

Luminous, even, natural-looking tan

115g/125ml

dermatologically tested
Thoughts on Tanning?

• Skin cancer can take up to 20 years to develop

• One blistering sunburn during your childhood more than doubles your chances of developing melanoma later on in life.

How often do you think I burned when I was your age?
Make sure you wear your sunglasses when outside!

Melanoma in the eye is on rise!!
Without protection, you are not invincible!
James Gardener, 20

“I think I will worry later on in life about skin cancer but not right now”
Marcie Jackson, 17

“I've not actually thought about getting skin cancer. I just want a tan.”
Overall incidence rate for Melanoma is increasing faster than the rate of any other cancer!

• Why??

• Having a tan is beautiful
How many of you think that being tanned makes you look healthier?
The problem with people who think a tan is healthy is..............................

It is not healthy!
A tan does not indicate good health; it is a response to injury. Skin cells signal that they are damaged by producing melanin and causing the darker color.
THERE'S NOTHING HEALTHY ABOUT A TAN

darksideoftanning.com.au
At age 18 months, sun damage is not yet apparent.

At age 4 years, early sun damage is evident. Notice the freckling across the nose and cheeks.
The photograph above shows that this 17-year-old already has significant sun damage.

This 37-year-old woman has subsurface sun damage, which is clearly visible in the photo on the right.
At 52, this woman has "prematurely aged" skin in visible light and significantly sun-damaged skin in ultraviolet light.

This 64-year-old beach community resident has skin that chronicles a lifetime of chronic sun exposure. UV photography is not necessary to see that her skin is dry, inelastic, wrinkled, and heavily mottled.
Questions?
www.ag.ndsu.edu/fieldtofork