West Virginia School of Osteopathic Medicine been recognized as a Skin Smart Campus by The National Council on Skin Cancer Prevention by:

- Ensuring the well-being of our students, we are providing a safe and healthy learning and living environment on and off campus
- Pledging to keep indoor tanning devices off our campus and our affiliated buildings.
- We also promote skin cancer prevention policies and education.

- **Skin cancer is the most common cancer in the United States**
  - The two most common skin cancers (basal cell and squamous cell carcinoma) are highly curable but can be disfiguring and costly
  - Melanoma (the third most common skin cancer) may be deadly
  - Ultraviolet (UV) radiation from the sun or from a tanning device can cause dangerous, lasting damage to your skin

- **General risk factors include:**
  - Light skin, or skin that burns, freckles, or reddens easily; but skin of all colors can get skin cancer
  - Large number of moles
  - Personal or family history of skin cancer
  - History of sun exposure- even without a burn; skin damage is cumulative!
  - History of sunburns, especially early in life
  - History of indoor tanning
    - The average tanning bed produces 2 to 10 times more UVA than the sun
    - Using tanning beds before the age of 35 increases a person's risk for developing melanoma by 75%

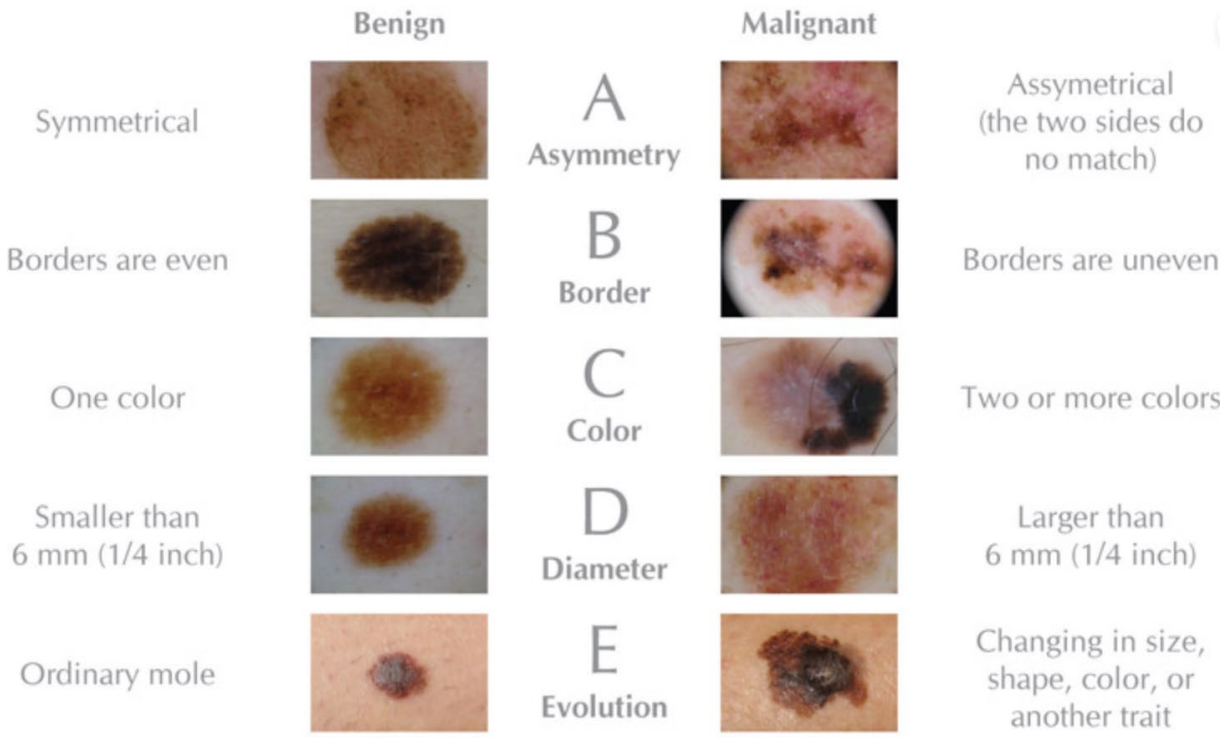
- **Skin of Color**- includes people of African, Asian, Latino, Mediterranean, Middle Eastern, and Natime American decent:
  - Even if you have a darker skin tone, always tan or rarely burn, you can still get skin cancer
  - Skin cancer is often diagnosed later in people of color, making it harder to treat
  - Melanoma in people of color can occur on the palms of hands, soles of the feet, under the nail (subungual) and in the nail areas- it's important to show your provider any changes you notice
  - No matter your skin tone, UV radiation can lead to skin damage, premature aging, and hyperpigmentation. Protecting your skin is important

- Learn more at Skin Cancer in People of Color - The Skin Cancer Foundation

- **The majority of skin cancers are caused by exposure to ultraviolet (UV) light and can be prevented with sun safety practices:**
  - **Seek Shade**
    - Find shade under a dense tree canopy, shade sail, or pavilion
    - Carry a sun umbrella for personal shade
    - Use a pop-up UV shelter when at the beach or park
    - Whenever possible, stay out of the sun from 10 AM - 4 PM when UV radiation is the strongest
  - **Wear Sunscreen**
    - Broad spectrum UVA and UVB, SPF 30 or higher
    - Reapplication is necessary every 2 hours and after swimming, sweating, or toweling off
    - Most people do not put on enough sunscreen–aim for one ounce, which is about a palmful
  - **Check the UV Index**
    - Know Before You Go!
    - Consider checking the UV index which can often be found on your preferred weather app or at UV Index Search | Envirofacts | US EPA
    - Dermatologists recommend sun protection when the UV index is 3 and above
    - As levels approach 6 and above, it's best to limit your time in the sun

UV Value and Category	Effects
1-2 ("Low")	A UV Index reading of 2 or less means low danger from the sun's UV rays for the average person: ▪ Wear sunglasses on bright days. In winter, reflection off snow can nearly double UV strength. ▪ If you burn easily, cover up and use sunscreen of at least SPF-30.
3-5 ("Moderate")	A UV Index reading of 3 to 5 means moderate risk of harm from unprotected sun exposure. ▪ Take precautions, such as covering up, wearing a hat and sunglasses, if you will be outside. Use sunscreen of at least SPF-30. ▪ Stay in shade near midday when the sun is strongest.
6-7 ("High")	A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Protection against sun damage is needed. ▪ Reduce time in the sun between 10 a.m. and 4 p.m. ▪ Cover up, wear a hat and sunglasses, and use sunscreen with a SPF of at least 30.
8-10 ("Very High")	A UV Index reading of 8 to 10 means very high risk of harm from unprotected sun exposure. Protection against sun damage is needed. ▪ Take extra precautions. Wear a wide-brimmed hat and sunglasses, use sunscreen of at least SPF-30, and wear a long-sleeved shirt and pants if practical. ▪ Minimize sun exposure between 10 a.m. and 4 p.m. ▪ White sand on the beach will reflect UV rays and can double UV exposure.
11+ ("Extreme")	A UV Index reading of 11 or higher means extreme risk of harm from unprotected sun exposure. Try to avoid sun exposure during midday hours, from 10 a.m. to 4 p.m. Apply sunscreen with an SPF of at least 30 liberally every 2 hours. ▪ Take all precautions. Unprotected skin can burn in minutes. Beachgoers should know that white sand and other bright surfaces reflect UV and will increase UV exposure. ▪ Try to avoid sun exposure between 10 a.m. and 4 p.m. ▪ Seek shade, cover up, wear a hat and sunglasses, and use sunscreen.

- **ABCDEs of Melanoma**: Melanoma is the deadliest form of skin cancer. When detected early, melanoma is highly treatable. Know your skin. Perform a self-exam each month. You can even ask a partner or friend to look at your back and scalp. If you see any of these warning signs, show them to your provider right away.



  - Know Your ABCDEs - AIM at Melanoma Foundation

- **How to perform a self skin exam**
  - How to Do a Skin Self-Exam | Examine Your Skin | American Cancer Society
  - Find skin cancer: How to perform a skin self-exam (aad.org)

- **Additional resources**
  - Want to learn more? Check out these additional resources:
    - The Skin Cancer Foundation Official Website - The Skin Cancer Foundation
    - Sun Safety | Skin Cancer | CDC
    - Indoor tanning (aad.org)

- **Skin Smart Campus**

The Indoor Tan-Free Skin Smart Campus Initiative is sponsored by the National Council on Skin Cancer Prevention in response to the 2014 U.S. Surgeon General's Call to Action to Prevent Skin Cancer which concluded that there is a strong association between increased risk of skin cancer and indoor tanning use. Ultraviolet (UV) radiation exposure from indoor tanning is completely avoidable which allows for interventions to help reduce skin-cancer related illness and deaths. Numerous studies have found that skin cancer is the most common type of cancer in the United States, with melanoma as one of the most common cancers diagnosed among young adults. According to The International Agency for Research

on Cancer Working Group, the use of indoor tanning facilities before the age of 35 increases the risk for melanoma by 75 percent.