



Newsletter

MISSION:
PREVENT AND
CURE SKIN
CANCER

DERMATOLOGY DURING THE PANDEMIC

It's tempting to delay certain wellness visits during the pandemic, but you should not delay routine exams. We should all be staying on our schedules, and if you see a spot, or if you notice something new or unusual on your skin, have it checked as soon as possible.

Medical facilities are doing everything they can to keep visits safe during this time. They get people roomed as quickly as they can, screen everyone who enters the building for COVID-19 symptoms, and strictly enforce wearing face masks.

A lot of people are opting for telemedicine meetings with their health care providers during the pandemic, but dermatology is often a difficult practice for telemedicine. Dermatologists may be able to diagnose and treat some skin issues this way, but skin cancer is not one of them. If you want to be screened for skin cancer, or get a definitive answer on whether a spot is a potential skin cancer, you have to go into the office. Dermatologists have tools and practices to determine whether a spot requires extra attention. Plus, they need to be able to see your skin and do a full-body exam to screen for skin cancer. Be your best health advocate and stay on schedule!

LOOKING GOOD!



BE SUN SAFE WHILE STAYING ACTIVE

While staying out of the sun is the best way to avoid sun damage, it's important to get outside and be active too. There are so many ways to stay sun safe while you're outside. For starters, always wear sunscreen. You never know when you'll be out in the sun, and every minute of exposure adds up to damage. Make it a daily habit in the morning, just like brushing your teeth. You can also try to get your outside activities done early in the morning or late in the afternoon, before the sun's rays become more intense. Avoid being outside in the middle of the day, from 10 a.m. to 4 p.m. Wear protective clothing such as long sleeves and pants, a wide-brimmed hat, and sunglasses to help protect your body against the sun. Lastly, carry a sun umbrella with you. The shade it provides is not only sun protective, but it keeps you cooler too. Enjoy the outdoors, but stay sun smart!

RESEARCH UPDATE

Dr. Lois Loescher and her team have conducted an innovative study looking at how massage therapists (MTs) can help reduce skin cancer risk in their clients. The study, "Massage Therapists Skin Health Awareness, Referral and Education (MTsSHARE) to Reduce



Skin Cancer Risk in Arizonans," trained Arizona MTs on how to have "helping conversations" with their clients about sun safe behaviors to reduce skin cancer risk. Participants also learned steps for recognizing a suspicious skin lesion during a

massage. The innovative training included videos and simulations aimed at presenting information to clients in a professional, helpful and nonjudgmental way. The entire study, including training and testing the MT's knowledge before and up to 6 months after the training, was conducted online.

Findings of the study demonstrated that the online training modules are an achievable approach to teach MTs how to deliver helpful skin cancer risk reduction messages to their clients. Study participants had highly significant improvement of skin cancer knowledge and comfort level for delivering client-focused information that was sustained over time. This study has generated interest from national massage therapy media and other skin cancer organizations. Moving forward, Dr. Loescher plans to test the online training in a larger sample of MTs across the sunny states of the U.S.

WELCOME TO OUR NEWEST MEMBER



Dylan Miller, MPH, received his Bachelor's degree in BioHealth Sciences from Oregon State University in 2018. He received his Master's degree in Public Health with a focus in Health Policy & Management from the University of Arizona in 2020 and is currently enrolled in the PhD program in epidemiology. Dylan has experience working around skin cancer as a student with the SCI and has now taken on the role of Program Coordinator, Senior. Dylan's focus is the prevention of skin cancer through education and health behavior research.

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SAVE THE DATE

May is Skin Cancer Awareness Month and as part of the month, we plan to do our Skin cancer Prevention Friends (SPF) luncheon.

The luncheon will be virtual again this year and we will keep you up-to-date as we finalize plans.