



A Survey on Sun Protection and Skin Cancer Understanding of Women at a Shelter in Long Island

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Background

As a medical student, I want to take action to make people understand the significance of skin health and protection from the sun. The United States faces a skin cancer epidemic, with cancer cases on the rise, emphasizing the importance of preventative education. However, not all people have the same opportunity to acquire this vital data. This is the reason why I am suggesting a skin education and sun protection advocacy project aimed at the high-risk communities in New York City. I aim to enlighten vulnerable groups to enable them to make reliable decisions that safeguard their health. I will start by doing workshops and practical training at women's shelters in the neighbourhood. Despite being one of the most preventable forms of cancer. Melanoma continues to claim lives due to lack of understanding and awareness regarding the skin health.

Keywords: Sun Protection; Skin Cancer

Introduction

With my advocacy work on Skin Care Education and Melanoma Awareness, I want to ensure that the public understands and recognizes this vulnerable group. Similar to the laid-out guidelines and strategies by Saes da Silva, I will teach shelter residents how to identify abnormal moles and lesions, understand the dangers associated with sun exposure, and engage in sun-safe practices like applying sunscreen and having regular skin examinations. Through the education of prevention methods, I aim to minimize the rate of potentially fatal skin cancers in the future. In addition to shelters, I also intend to partner with neighbourhood centers and after-school programs to increase the scope and outreach of this program. Developing a sun protection habit in the early stages can determine one's long-term health. I have successfully delivered Skin Care Education and Melanoma Awareness Campaign at the Bethany House in Long Island, NY last April 2024. The afternoon event was attended by 8 women who currently live on the same

residence. Before I conducted my lecture on Sun Protection and Skin Cancer Awareness, I asked 9 questions that would assess their baseline knowledge and understanding about sun protection and skin cancer. The following questions were asked and yielded the following answers:

1. Are you aware that sun exposure contributes to skin cancer?
2. Do you have a sunscreen regimen?
3. Do you know how to properly apply sunscreen?
4. Do you know the different benefits of sun protection?
5. Can you recognize a suspicious mole?
6. Are you aware of the different kinds of skin cancer?
7. Are you aware that melanoma is the most common deadliest kind of skin cancer?
8. Do you know when to see a dermatologist?
9. Do you practice a sun-safe lifestyle?

The presentation started with Introduction to Sun Protection, stressing protecting skin from the sun prevents

harmful effects and long-term damage. Skin cancer prevention strategies includes regular skin checks, using sun protective clothes and sunscreen lotions. Choosing the right sunscreens by discussing SPF, choosing broad spectrum sun blocks and minding the ingredients were explained. Proper application of sunscreen with return demonstration were performed. The next part of the lecture was sharing pictures of the different moles that are normal and which ones are not. The ABCDEs of melanoma were explained. Recognition of lesion and how to approach the situation by referring their family members or colleagues to board-certified dermatologists were instructed. Different types of skin cancer such as squamous cell carcinoma and basal cell carcinoma were discussed and pictures were shown. Giving importance in knowing when to consult a dermatologist was explained. Self-skin checks demonstration culminated the session. After the lecture, post-presentation survey was conducted and here are the results [1,2].

Methods

Discuss McNemar and why and Show the Raw Data

Results

The result Yielded and Your Interpretation

Conclusion

Melanoma is preventable and yet its prevalence continues to rise, but through cancer prevention initiatives and skin education, the trend can be reversed. With knowledge of skin care choices, we can dispel the myths surrounding the condition and work together to reduce cancer statistics among the most vulnerable groups. I would also appreciate it if people would join me in this effort of community empowerment and advocacy for a lifesaving cause.

References

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