

Skin cancer risk rises in spring

People tanning outside are advised to stay out of the sun from 10 a.m. - 4 p.m., a nurse practitioner says

By Lisa Catto
News Reporter

Now that the weather is warming up, many University students are wearing less clothing and showing more skin, often in an attempt to get a tan. However, some students may not realize the effects the sun can have on their skin.

May is Skin Cancer Detection and Prevention Month, and the University Health Center offers numerous tips on how to avoid the sometimes-deadly disease.

Most notably, University Health Center Nurse Practitioner Jolene Siemsen said people can wear sunscreen and avoid tanning beds. She said there is no need to wear sunscreen beyond a SPF of 15 because it doesn't become much more effective.

Siemsen said she has seen some cases of skin cancer come through the health center over the years, including several cases of melanoma, a deadly form of skin cancer. Siemsen said she hopes students become more careful with their sun exposure and take better care of their skin.

Skin cancer, the most common form of cancer, can be classified as either melanoma or non-melanoma, according to the American Cancer Society's Web site at www.cancer.org.

The site states melanoma can be a deadly form of skin cancer if it isn't caught in its early stages, and it usually develops in areas not often exposed to the sun. Although it makes up only 4 percent of skin cancer cases each year, it causes about 79 percent of skin cancer deaths yearly, according to the Web site.

Siemsen said in the 1960s, the lifetime risk of developing melanoma was one in 600, but it dramatically

SIGNS THAT A MOLE OR MARK MAY HAVE MELANOMA SKIN CANCER

- It is asymmetrical.
- The border is irregular and not smooth.
- It has color variation, usually two or three distinct colors in one area.
- The diameter is larger than 6 millimeters.
- The spot is getting larger.

SOURCE: University Health Center Nurse Practitioner Jolene Siemsen

"Tanning is not a healthy activity."

Jolene Siemsen
University Health Center
nurse practitioner

increased to its current rate of one in 71. She added that 10 percent of melanoma cases occur because of the person's family history.

Non-melanoma cancer occurs on the outer layer of skin and rarely spreads to other areas of the body, according to the American Cancer Society's Web site. However, 1,000 to 2,000 people die from it annually in the United States. It also can lead to melanoma in the future, the site states.

Siemsen said people need to be concerned about skin cancer and exercise caution because the rate of skin cancer has increased 50 percent during the past 20 years in developed countries such as the United States.

She also said people with fair skin are at a higher risk to develop skin cancer, as well as people who suffered severe burns as an adolescent. She added that someone who has experienced five or more severe burns as an adolescent more than doubles his or her chance to get melanoma skin cancer.

Siemsen said adults should have at least one skin evaluation in their adult lives, especially if a person has a lot of freckles or moles.

She said to watch out for a mark

that bleeds, oozes or feels irritated or inflamed, and to get it checked right away. She added that in some cases it is simply a mole on a part of the body that gets easily irritated by clothing.

Siemsen said the best way to avoid getting skin cancer is to avoid the sun as much as possible.

She advises students to limit their sun exposure during the peak hours of 10 a.m. to 4 p.m. She also encourages students to avoid tanning beds because it causes damage to the skin over time.

"Tanning is not a healthy activity," she said, adding that it can lead to brown spots on the skin and wrinkles.

University freshman Elizabeth Doyle said she avoids tanning beds.

"I think they're horrible for your skin," she said, adding that she is fair-skinned and wouldn't be successful darkening her skin with a tanning bed.

Although she is fair, Doyle said she doesn't wear sunscreen most of the time, adding that she knows she should. It especially becomes a worry for her because her dad had skin cancer; however, he was able to have it removed.

Siemsen encourages students concerned with moles or marks on their skin to make an appointment at the health center to have those spots examined.

Contact the crime/health/
safety reporter
at lisacatto@dailyemerald.com.

CORRECTION

In the May 25 story "Green Garter Band celebrates 20 years of music mayhem, fun," the Emerald incorrectly stated the Green Garter Band concert date. The band will perform Tuesday, June 1, at Beall Hall. The Emerald regrets the error.

CAMPUS BUZZ

Wednesday

Caregiver Support Group, EMU Board Room, noon-1 p.m.

Campus Planning Committee Meeting, EMU Oak Room, 1:30-3 p.m.

University Senate meeting, Browsing Room, Knight Library, 3-5 p.m.

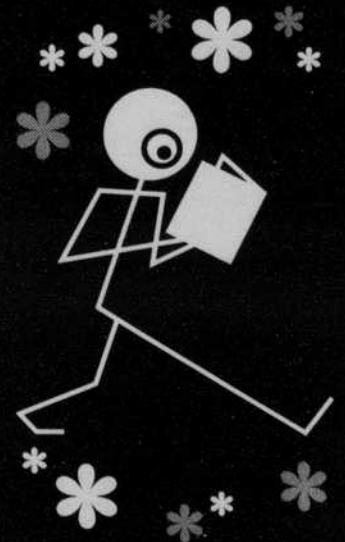
Romance Languages Lecture featuring a talk by Robert Durling from the University of California-Berkeley, Room 159, Prince Lucien Campbell Hall, 4-6:50 p.m.

You're
always
close to
campus.



www.dailyemerald.com

NEEDING SPACE
CLEARING CLUTTER
RAISING FUNDS
GROWING UP
MOVING ON



all good reasons
for selling books
we buy all year long
at both locations

SMITH
FAMILY
BOOKSTORE

768 East 13th
345-1651
525 Willamette
343-4717

A PROUD MEMBER OF UNIQUE EUGENE

Advertise in the ODE classifieds.
Call 346-4343
or place your ad online at
www.dailyemerald.com

Full-time, entry-level position.

ASSISTANT ADVERTISING DIRECTOR

The Oregon Daily Emerald, the independent student-run newspaper at the UO, is looking for a person to assist in the operations of the advertising department and the marketing and promotion of the Oregon Daily Emerald.

This job requires sales, project management, customer service and good written and verbal communication skills. Candidate must be comfortable in a fast-paced, deadline-oriented office.

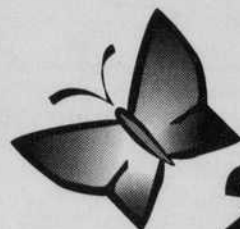
Bachelor's degree required. Experience and/or education in advertising or related fields a plus.

Compensation is a combination of base pay, commission and benefits.

Call for a complete job description and instructions on how to apply (541) 346-3712. Deadline to apply is **Friday, May 28.**

Oregon Daily Emerald

The Oregon Daily Emerald is an equal opportunity employer committed to cultural diversity.



O UNIVERSITY OF OREGON

2004 Summer Session Classes Begin June 21

Register for



Summer Classes

Book Your Summer in Oregon

Pick up your free summer catalog today in the Summer Session office, 333 Oregon Hall, at the UO Bookstore, or read it online. You can speed your way toward graduation by taking required courses during summer.

Check Out Our Website!

<http://uosummer.uoregon.edu>