



PLAY SAFE IN THE SUN

As a professional tennis player, you compete and practice in mostly sunny locations, experiencing an extraordinary amount of ultraviolet rays.

Tennis Players And Sun... The Facts

- Cumulative sun damage is most significant in the development of wrinkles, unsightly sunspots, and most types of skin cancer.
- Peak sun damage hours are between 10 am and 4 pm.
- Locations at high altitudes receive more sun on the court because there is less atmosphere to absorb the damaging rays. If you play at 5,000 feet, the sun is 20% more intense!
- Locations near the Equator receive much more intense sun.
- An hour of profuse sweating removes any water/sweat-proof sunblock you've applied and increases your chance of sunburn. Studies show that it takes half as much sun to burn you when you sweat.
- Tennis courts (especially lighter colored ones) reflect ultraviolet rays to your face from the ground. Simply wearing a hat won't help you keep your skin safe in these situations.
- White clothing (that is not specifically made with sun protection) allows more sun rays to hit the skin than darker colored clothing.



What Is Your Sun Risk?

This baseline risk test will help determine your risks beyond the tennis court (1 point for every yes answer).

- 1) Did you have blistering sunburns as a kid?
- 2) Do you have more than 50 moles?
- 3) Do you burn easily or find it hard to tan?
- 4) Have you ever had moles taken off which were abnormal under the microscope?
- 5) Do you have a sibling or parent who had melanoma?
- 6) Have you ever had melanoma?

If you scored 3 points or more, you are at a much greater risk for skin cancer. If you answered yes to 5 or 6, you have an extremely high risk.

Key Skin Cancer Facts:

- The skin cancers: **Basal**, **Squamous cell**, & **Melanoma** are all caused by too much sun.
- Skin cancer is the most common cancer of all cancers.
- Melanoma is the most common cause of death from cancer in women ages 25 to 30.
- Melanoma is curable greater than 95% of the time IF CAUGHT EARLY.
- Early detection is key; perform self-exams and visit the dermatologist regularly.
- Everyone, including darker skin players, can develop melanoma on fingers, toes, nails, and areas not exposed to the sun.

The ABC's of Melanoma:

A (不对称) :	正常痣如果你从中间画一条线，两边应该看起来一样。如果两边不同，应该寻求医疗。
B (边缘) :	大多数痣是圆形的。如果你的痣边缘有泡泡状或呈锯齿状，应该寻求医疗。
C (颜色) :	正常痣大多是同一种颜色。如果你的痣有多种颜色，比如浅褐色、深褐色、黑色和红色，应该寻求医疗。
D (直径) :	正常痣的直径小于一支铅笔橡皮擦的大小。如果你发现一个比这个大的痣，应该寻求医疗。
E (演变) :	正常痣在你的皮肤上不应该改变形状或大小。如果它发生了变化，或者痒或不舒服，应该寻求医疗。

Sun Safety Tips

- Wear SPF 50, sweatproof, waterproof sunblock that blocks UVA & UVB.
- Look for a sunblock that says helioplex, zinc oxide, or titanium oxide.
- Apply sunblock 30 minutes before going out in the sun (it takes that long to become effective).
- Sunblock comes as lotion, cream, sticks, and sprays; all are effective, use your favorite...just use it!
- Use sprays on your ears, face, arms, & legs for quick application without messy hands. Put sunblock on your ears first (don't forget the inside--not just the tops of ears).
- Use SPF 50 or higher sunblock on your lips before any sun exposure and to prevent most cold sores (herpes), reapply every hour.
- Remember: Sweat itself intensifies the sun rays! So after 1 hour of sweating, dry your skin off with a towel and reapply your sunblock.
- Look for clothing that has UPF 50 or greater; UPF is like SPF but refers to sun protection from clothing. (Use white clothing that has the technical feature of having high UPF)
- Wear a wide-brimmed hat and sunglasses. A hat protects you from the sun above but not from reflection off the court; you will still need sunblock.

Avoid Sun Safety Slip-ups:

- If you don't wear a hat, don't forget to spray sunblock on your scalp if you have a part in your hair.
- You can still get a sunburn when it is cold and/or cloudy.
- Darker skin players need to embrace sun safety habits as well; the darkest skin only provides SPF 3!
- NEVER use a tanning bed-- a tan only gives you SPF 2.

For more information on Sun Safety check out the dermatology website: www.aad.org.