

Soundbite Script – Men and melanoma

Ben Guth, Nurse Practitioner, OSF HealthCare

“Men are more likely to develop skin cancer, in fact twice as likely, to develop melanoma over time because of several different reasons, whether that's related to the type of job that they do because men tend to work outdoors more often. It can be education related where they aren't taught what to look for when it comes to signs and symptoms of skin cancer. And finally, they just don't use sunscreen when they go outside, which is very protective when it comes to sunburns and developing skin cancer in the future.” (:32)

Ben Guth, Nurse Practitioner, OSF HealthCare

2:08-2:40

“I think you need to have a well-rounded approach when it comes to protecting yourself from the sun and that education comes, one, from primary care providers and dermatologists. We educate on the importance of sunscreen, applying it every two hours, especially when outside. The American Academy of Dermatologists recommend using at least an SPF of 30 and that being a broad spectrum and even water-resistant, depending on the type of work or activity you're doing outside.” (:32)

Ben Guth, Nurse Practitioner, OSF HealthCare

1:33-2:03

“There several other options if you don't like sunscreen or the greasy feel on your skin – wearing long sleeve shirts and pants, especially those that block sun, wearing a big hat, whether that's a baseball cap or a wide-brimmed hat with sunglasses. And you can also find areas of shade or protection from the sun especially during those high times where the sun is most strong, especially between 10 a.m. and 2 p.m.” (:30)

Ben Guth, Nurse Practitioner, OSF HealthCare

3:44- 3:58

“If you have a dermatologist, it's good to have annual skin checks especially if you've had lesions in the past or had skin cancer in the past and had them removed. Outside of that men should just be talking with their provider about their concerns.” (:14)