

SUNsational Protection Lab Target

Procedure:

1. Read the case studies on pages 84 and 85.
2. In your group, analyze each case study for cataract risk and/or skin cancer risk.
3. While reading, **assign a value from 0-5 for each risk factor, with 0 being no risk and 5 being very high risk.**
4. Record these values in Childhood UV Exposure data table.

Latitude:

Points	
5	Closest to Equator
1	Farthest from Equator

During Peak Time: (Peak Time = 10am to 3pm):

Points	
5	Mornings and afternoons (along with weekend)
4	Mornings and afternoons (along with Sat or Sun)
3	Most mornings or afternoons (along with Sat or Sun)
2	Some mornings or afternoons (along with Sat or Sun)
1	Little time spent outside

Off-Peak Time:

Points	
5	All day
4	Most early mornings and evenings
3	Most early mornings or evenings
2	Some early mornings or evenings
1	Little time spent outside during early mornings or evenings

Reflectivity:

Points	
5	Activities around snow
3	Activities around sand
1	Activities around dirt/grass

5. When you finish all the cases, go back and make sure you applied your 0-5 rating decisions consistently.

6. Add up the risk factor values to calculate a total childhood exposure for each person.

7. **Copy the numbers** from the “Total Childhood Exposure” column into the “Skin Cancer Risk” and “Cataract Risk” tables below.

8. Complete the Skin Cancer and Cataract Risk data tables.

Part Two: Analyzing your Own UV Exposure

9. Add your name at the bottom of the data tables.

10. Assign ratings to yourself. Then find out your own totals.

Case Studies

Jose

Jose is a 14-year-old, dark-skinned 8th grader who lives in Southern California. Since he got his dog Freddie five years ago, he has spent most mornings and evenings with Freddie at the park. Jose is amazed that his dog never seems to get tired, even when they have been playing for hours. Every Saturday, Jose and his friend pack lunches and bring them to the beach so they can stay all day. Jose is concerned about getting too much sun because his great-aunt just had cataracts removed.

Carla

Five years ago, when she was 20, Carla started a very successful business called St. Louis Software, named after her home in Missouri. Her business keeps her at work from 8 am to 8 pm, Monday through Friday. But Carla wasn't always a computer whiz. Until junior high, she spent her weekend and summer mornings playing tennis and her afternoons reading. She has hazel eyes, red hair, and fair, freckled skin. She usually sleeps most of Saturday, but on Sunday she tries to spend as much time outside as possible, hanging out with friends, riding her bike, or skateboarding.

Tanya

Tanya lives in Miami, Florida. She is 44 years old and has lived in Miami all of her life. She worked as a plumber for 20 years before she became a contractor who supervises carpenters, electricians, and plumbers as they build houses. Last year, her twin sister had a small, dark spot of skin cancer removed from naturally light-brown skin. As a girl, when she wasn't in school, Tanya and her sister worked at their dad's grocery store after school. The two girls went fishing most mornings before school and on Sunday afternoons. Now on weekends, Tanya enjoys sailing her boat to a peaceful spot to relax and do some fishing.

Leon

Leon is very proud of the garden in his backyard. Now that he's retired, he spends several hours each day tending the garden. While growing up on the Gulf Coast in Mississippi, he spent all of his weekends and summers outdoors, usually playing basketball or soccer. A dark-skinned African American, he never thought about being in the sun too much. However, recently he has noticed that his vision is a little cloudy. His sister in Chicago says she's having difficulty seeing, too.

Bao

Bao was born in Southeast Asia, but she moved to Massachusetts when she was 5. Her clearest memories of living in Southeast Asia are of plying hide and seek in the jungle with her older brothers. When she was in elementary school, she was always winning running races and playing outdoors. In 9th grade, she tried out for the track team and beat everyone in the mile run, even the senior boys. She thinks she will need to get glasses soon and hopes that they won't slow her down. She is very excited about

running but is finding it hard to go to 2-hour practices after school every day, spend almost every Saturday at a track meet, and still keep up with her homework.

Alex

Alex and his family live in Maine. Alex has blond hair, blue eyes, and very light skin. Although his asthma tires him out and he gets sunburned several times a year, he has always loved outdoor sports. Although he is only 9 years old, Alex is a good swimmer and an excellent snow skier. He is always doing one or the other of these sports. Alex's family recently bought a speedboat, and his dad has promised to teach him how to water ski during summer vacation. Alex is sure that by the end of summer, he will be an expert!