Radiation Safety Institute of Canada
Institut de radioprotection du Canada

Sun Safety: A Dermatologist's View

With Guest Dr. Anastasia Shamsuyarova

For information purposes only; not medical advice.

June 10, 2024

Good Science in Plain Language®

Webinar Functionality

Audio and video

- During the presentation, from the presenters only
- Captions: More>Language and speech>Turn on live captions

Use the Chat feature to talk to discuss with everyone

Use Q&A feature to ask questions for Q&A portion

Posted on webinar page

- Video, answers to questions, copy of the slides

Follow up email will be sent

- Topics covered, time of attendance

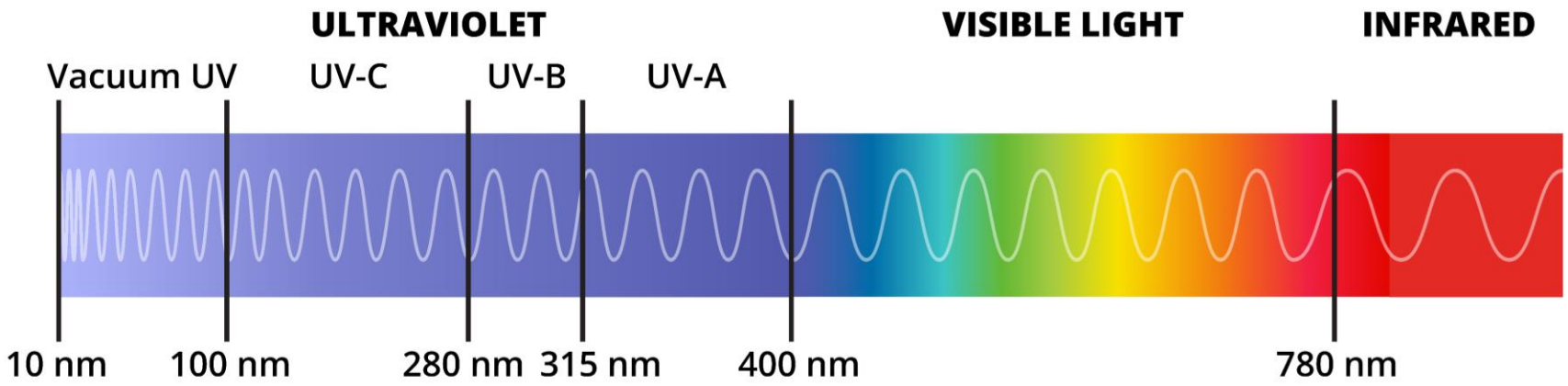
In This Session

- Introduction
- Short overview
  - Ultraviolet
  - Solar radiation
- Guest Interview
  - Dr. Anastasia Shamsuyarova
- Q&A
- Movement break
  - Charlmane Wong
  - Ji Hong Tai Chi & Qi Gong Richmond Hill

Ultraviolet Range

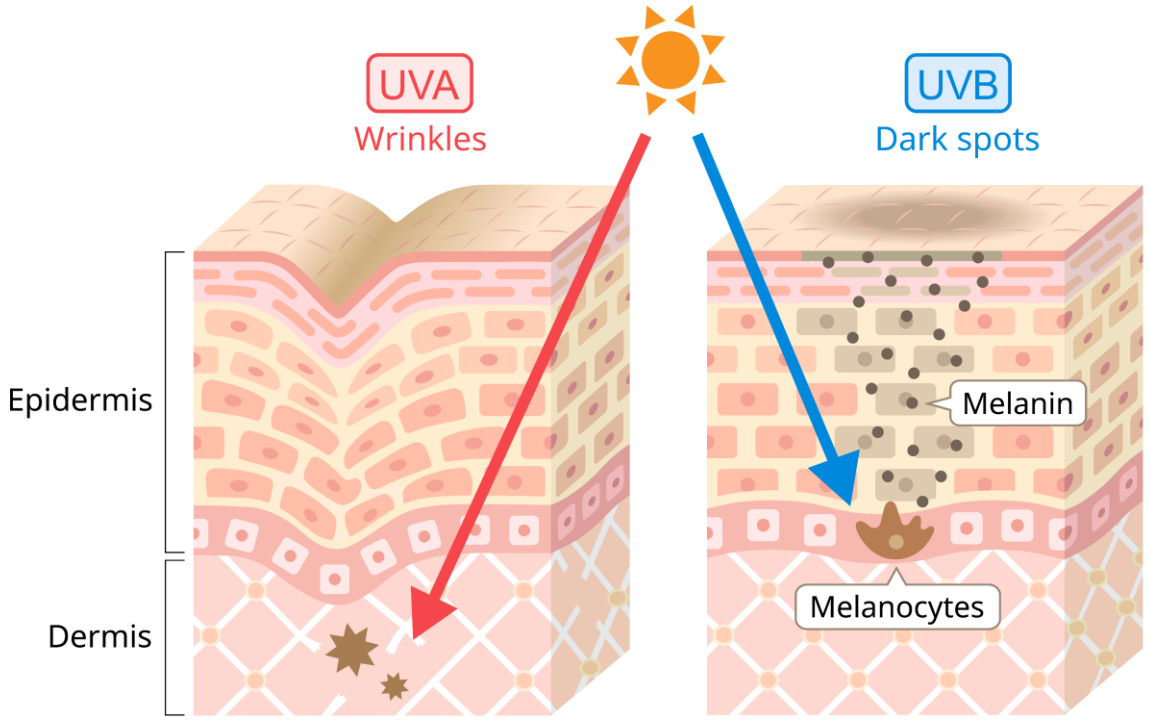
Increasing Wavelength

Increasing Frequency, Energy



Range	Wavelength (nm)	Frequency (THz)	Photon Energy (eV)
UVA	315 - 400	952 - 749	3.94 – 3.10
UVB	280 - 315	1070 - 952	4.43 – 3.94
UVC	100 - 280	2998 - 1070	12 .4 – 4.43

Penetrating Power



https://monographs.iarc.who.int/list-of-classifications

Agents Classified by the IARC Monographs, Volumes 1–135

CAS No.	Agent	Group	Volume	Volume publication year	Evaluation year	Additional information
	Ultraviolet radiation from welding (see Ultraviolet radiation (wavelengths 100–400 nm, encompassing UVA, UVB, and UVC); Ultraviolet-emitting tanning devices; and Solar radiation)	1	100D*, 118**	2018 online	2017	*Volume 100D concluded that there is sufficient evidence for ocular melanoma in welders; **Volume 118 concluded that ultraviolet emissions from welding are carcinogenic to humans (Group 1; there is sufficient evidence in humans for the carcinogenicity of ultraviolet radiation from welding)
	Solar radiation (see Ultraviolet radiation (wavelengths 100–400 nm, encompassing UVA, UVB, and UVC); Ultraviolet radiation from welding; and Ultraviolet-emitting tanning devices)	1	55, 100D	2012	2009	
	Ultraviolet radiation (wavelengths 100–400 nm, encompassing UVA, UVB, and UVC) (see Ultraviolet radiation from welding; Ultraviolet-emitting tanning devices; and Solar radiation)	1	55, 100D	2012	2017	NB Overall evaluation upgraded to Group 1 based on mechanistic and other relevant data
	Ultraviolet-emitting tanning devices (see Ultraviolet radiation (wavelengths 100–400 nm, encompassing UVA, UVB, and UVC); Ultraviolet radiation from welding; and Solar radiation)	1	100D	2012	2009	

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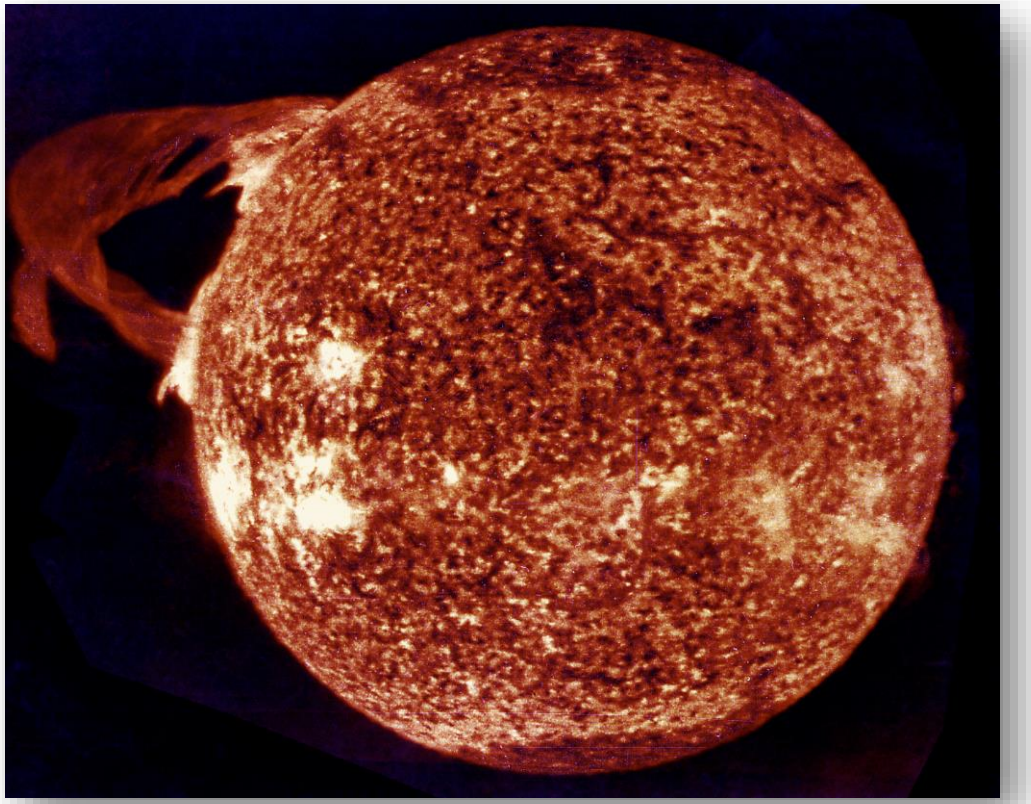
Solar Radiation & Other Sources



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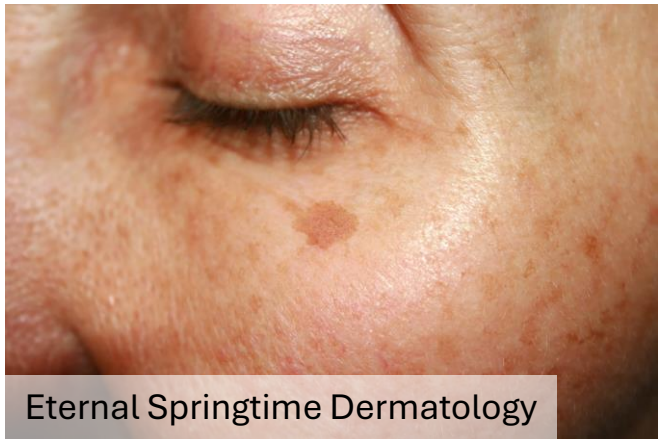
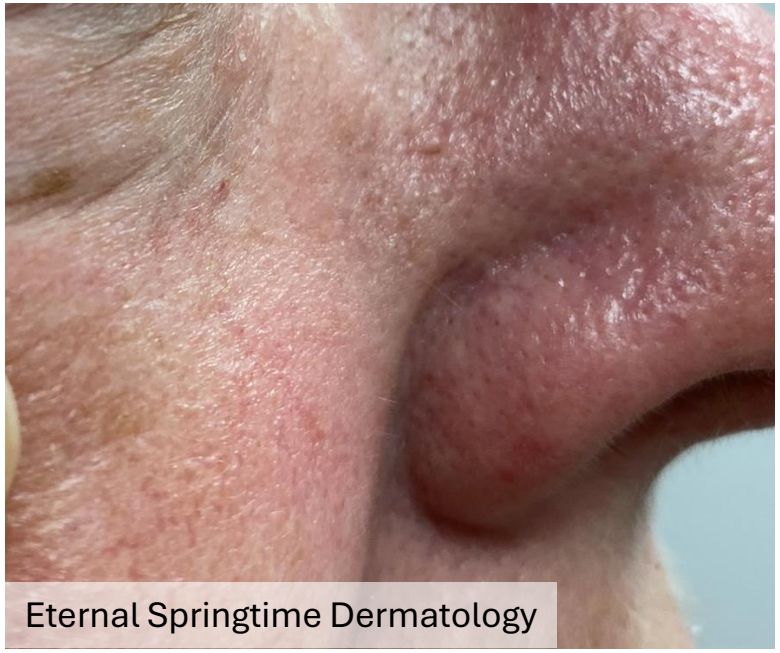
Interview

- Dr. Anastasia Shamsuyarova
  - Eternal Springtime Dermatology
  - Northwestern Ontario Regional Hospital
  - Northern Ontario School of Medicine
- Side note:
  - During the interview, feel free to post questions in the Q&A.
  - If you are not able to access the Q&A, RSIC staff will copy them over.

Photoaging


Eternal Springtime Dermatology


Eternal Springtime Dermatology

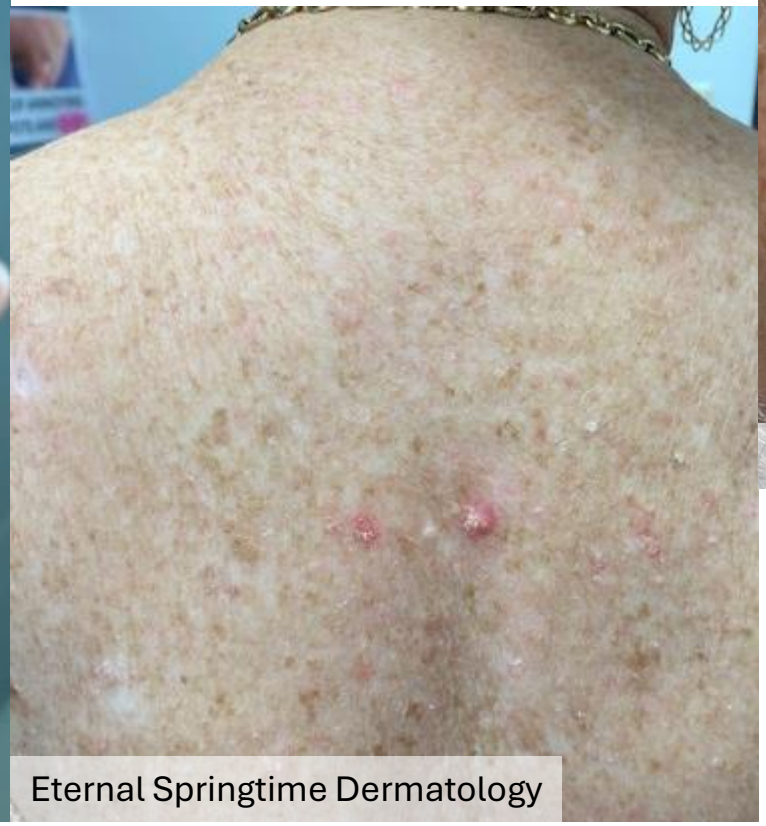

Eternal Springtime Dermatology


Eternal Springtime Dermatology

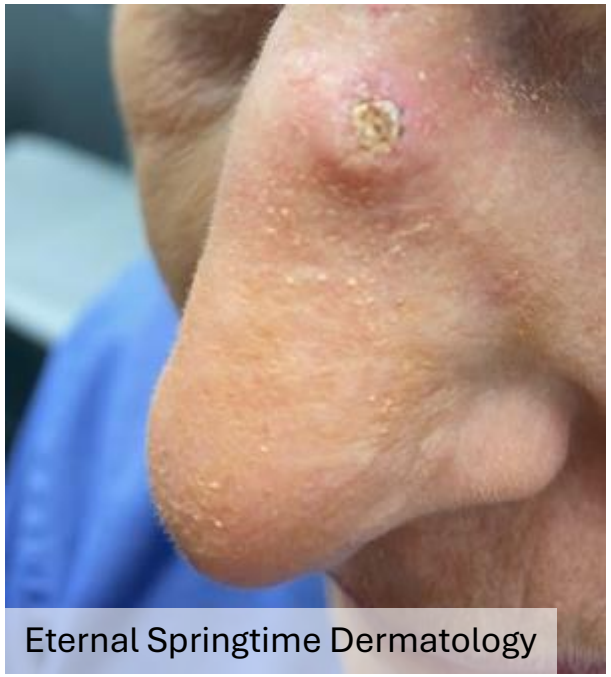

DermNetNZ.org
dermNet NZ


Eternal Springtime Dermatology

Actinic/ solar keratosis



Squamous Cell Carcinoma




Eternal Springtime Dermatology
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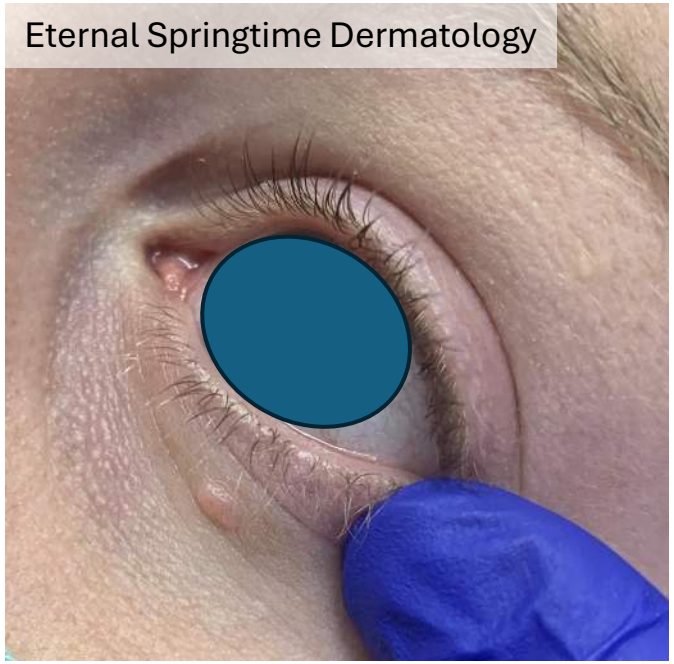
Eternal Springtime Dermatology

Basal Cell Carcinoma

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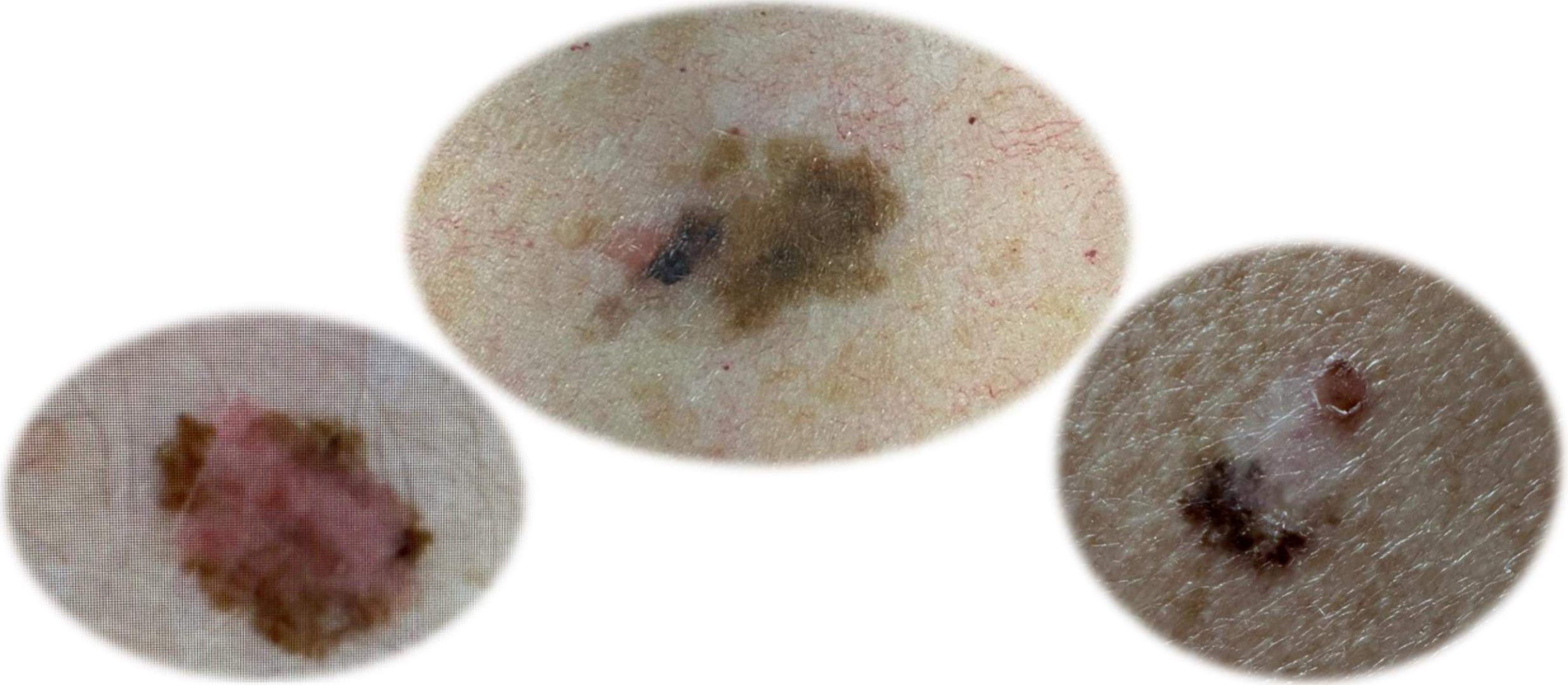
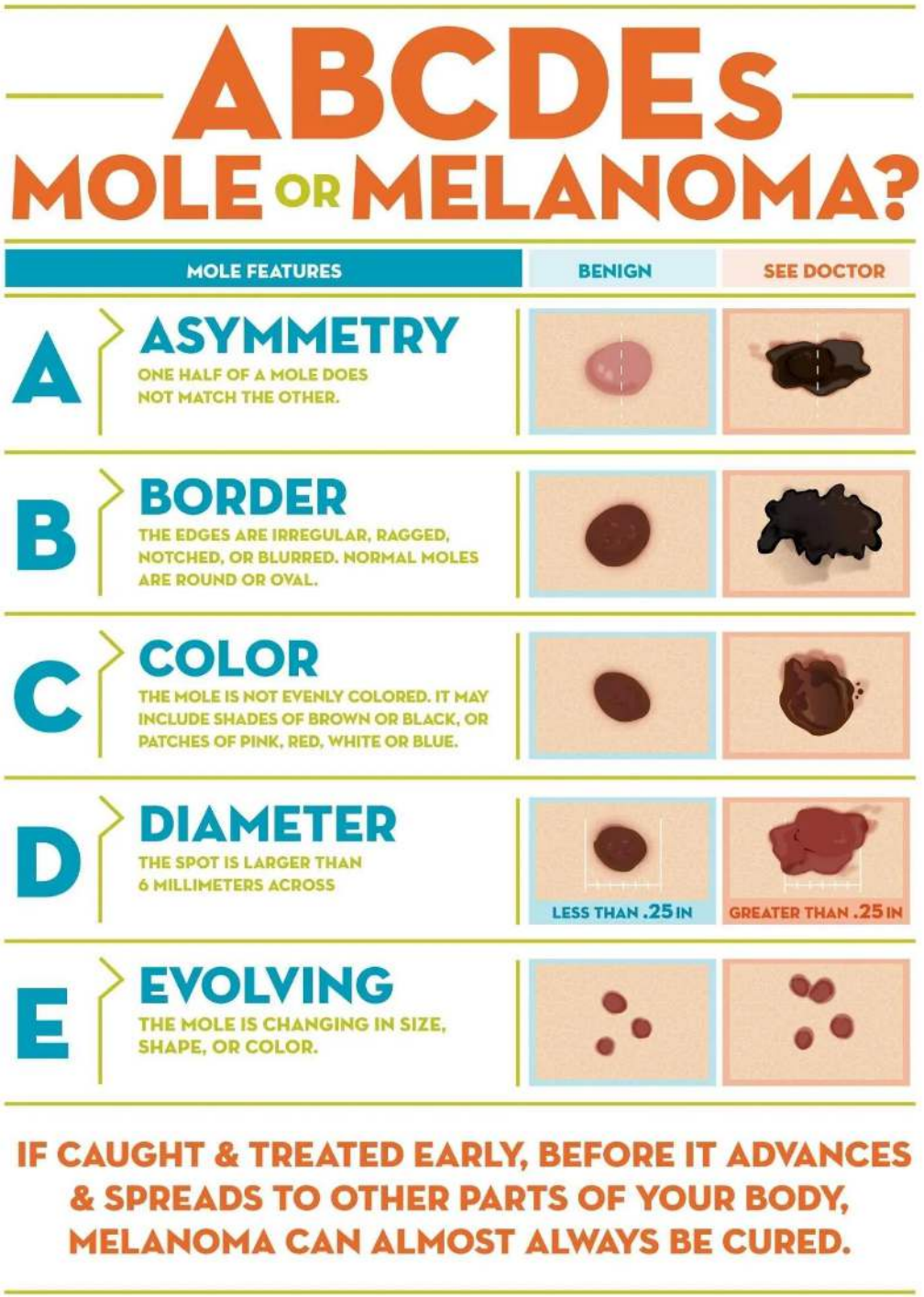
Melanoma



Eternal Springtime Dermatology

ABCDE of Melanoma



https://familycaregiversonline.net/what-is-melanoma-learn-the-abcde-of-moles/

Interview

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Choosing a Sunscreen

Interview

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Questions? Comments?

- First addressing some questions sent during registration that weren't addressed in the presentation
- As time permits, we will address questions posted in the Q&A
- Questions we do not get to
  - Answers will be posted to our website and a link to resources emailed out

"Good science in plain language"®

Thank you for listening!

www.radiationsafety.ca

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Wellness Break

Ji Hong Tai Chi & Qi Gong, Richmond Hill, ON