



A large, dark olive-green L-shaped graphic on the left side of the slide, consisting of a vertical bar and a horizontal bar meeting at a right angle.

FARM FAMILY HEALTH

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A large, dark olive-green L-shaped graphic on the right side of the slide, consisting of a vertical bar and a horizontal bar meeting at a right angle.A short, dark olive-green horizontal bar at the bottom right of the slide.

Current Issues Affecting Farm Families:

Pesticide Related Risks
Skin Cancer
Hearing Protection



Reducing Pesticide Exposure

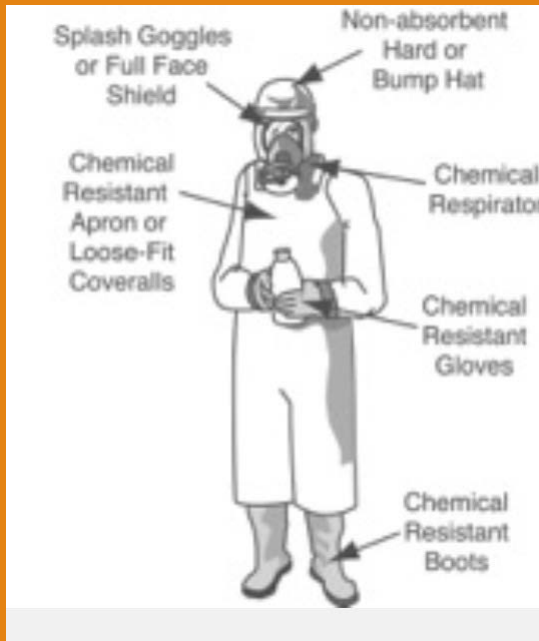


**“Farmer’s Perspectives on Organic Transition,”
2017 Report from Oregon State University**

Pesticides Are a Hazard



Proper Protection is KEY



Preventing Skin Cancer



- UV rays reflect. A hat is not enough
- Sunscreen comes off when you sweat
- Sweating increases burning
- Use sunscreen!

Sunscreen Tips

- Use more than you think you might need.
- Sun Protection Factor (SPF) of 30 or higher to all exposed skin.
- Use broad-spectrum, water-resistant sunscreen
- “Broad-spectrum” provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- Reapply approximately every two hours, even on cloudy days, and after excessive sweating.

The ABCDEs of Detecting Melanoma

A

Asymmetry

B

Border

C

Color

D

Diameter

E

Evolving

NORMAL



Symmetrical



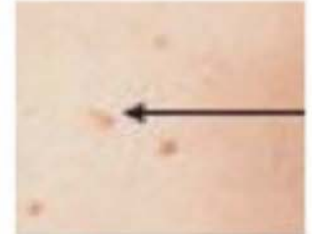
Borders Are Even



One Color



Smaller Than 1/4 Inch



Ordinary Mole

MELANOMA



Asymmetrical



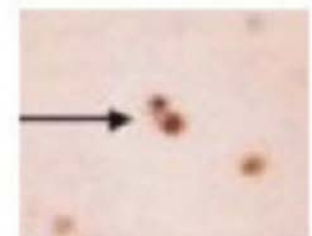
Borders Are Uneven



Multiple Colors



Larger Than 1/4 Inch

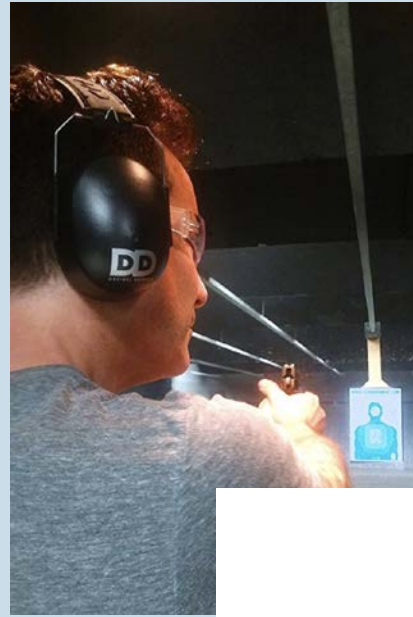


Changing in Size, Shape and Color

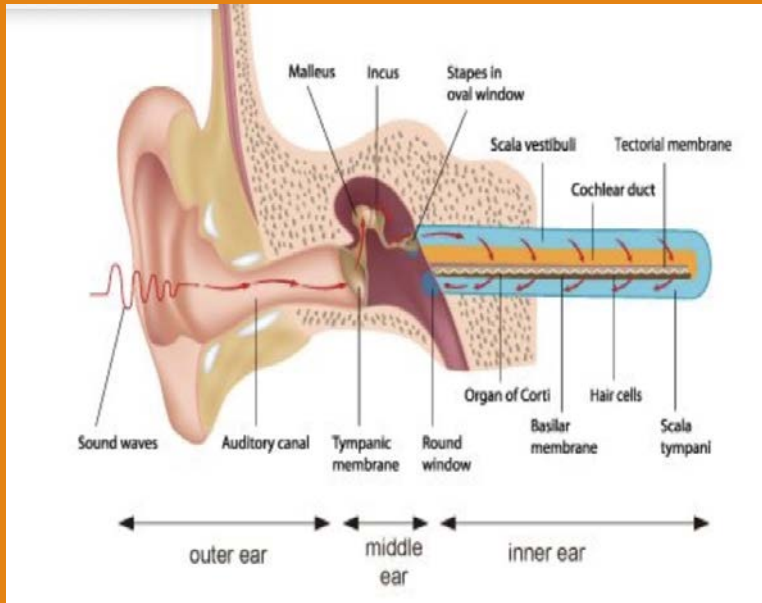




Hearing Protection



Preserving Your Hearing With Good Nutrition:



- Potassium-rich foods include: potatoes, spinach, tomatoes, raisins, apricots, bananas, melons, oranges, yogurt and milk.
- Folic acid (folate) rich foods include: spinach, broccoli and asparagus.
- Magnesium-rich foods include: bananas, artichokes, potatoes, spinach, tomatoes and broccoli.
- Zinc-rich foods include: beef, pork and dark-meat chicken, cashews, almonds, peanuts, beans, split peas, lentils, oysters and dark chocolate.



**THANK YOU FOR COMING
TODAY!**

QUESTIONS?

