

## Protect, protect!

### TO PROTECT YOU AND YOUR FAMILY -

- ✚ The sun is most dangerous in the middle of the day - find shade under umbrellas, trees, canopies or stay indoors.
- ✚ Make sure you never burn. Sunburn can *double* your risk of skin cancer.
- ✚ Always cover up using clothing with fabrics which offer a high degree of sun protection
- ✚ Sunscreen alone is never enough
  - wear a T-shirt, wide brimmed hat, stay in the shade 11 - 3 and wraparound sunglasses (eyes get sun damaged too).
- ✚ Remember to take extra care with children
  - Young skin is delicate, keep babies in the shade.
- ✚ Use factor 15+ UVB sunscreen
  - Apply generously 15-30 minutes before you go outside and reapply often, at least every 2 hours and when it is washed, rubbed or sweated off.
- ✚ Remember to use a sunscreen with UVA and UVB protection. UVB is denoted by numbers 15, 30 etc. UVA is denoted by star rating
- ✚ Report any mole changes or unusual skin growths promptly to your Doctor

### FACTS -

- ✚ Skin cancer is one of the most common forms of cancer in the UK
- ✚ In 2010; 2203<sup>1</sup> people in the UK died from malignant melanoma.
- ✚ Melanoma is the 3rd most common cancer among people aged 15 - 39, early detection is crucial for successful treatment.
- ✚ The incidence of melanomas in the UK is rising, in the last 5 years by 24%.
- ✚ UV radiation damages DNA which can lead to the development of skin cancer. A tan is not a sign of health - it is a reaction to DNA damage.
- ✚ Most skin cancers are preventable - 80% of melanomas are caused by exposure to sunlight and artificial sources such as sun-beds and tanning lamps.
- ✚ There is a higher risk of skin cancer for some people who -
  - Burn easily
  - Have fair skin and/or freckles
  - Have red or fair hair and/or pale eyes
  - Have had skin cancer before
  - Have a large number of moles (50+)
  - Have skin cancer in the family
  - Have had bad sunburn in the past
  - Babies and children

If any of the above applies to you - take extra care to protect yourself from the sun.

---

<sup>1</sup> Cancer Research UK – [www.info.cancerresearchuk.org/cancerstats/types/skin](http://www.info.cancerresearchuk.org/cancerstats/types/skin)