

# PROTECT YOUR FAMILY

**SUNSCREEN:** Choose broad spectrum SPF 30+ water resistant sunscreen. Be aware that the price of sunscreen does not always match the quality.

For best protection: Apply sunscreen 20 minutes before going outside. Use a generous amount of sunscreen. The average-sized adult should apply at least a teaspoon of sunscreen to each arm, leg, front of body and back of body and at least ½ a teaspoon to the face (including the ears and neck).

No matter what the sunscreen directions say, always reapply sunscreen every two hours when you are outdoors. Sunscreen can be easily wiped or perspired off and you need to keep putting sunscreen on to get the best protection.

- Use shade. Keep babies in complete shade- under umbrellas, trees, canopies or indoors.

- Cover children up. Dress them in cotton clothing that is loose fitting with a close-weave like an over-sized long-sleeved T-shirt or a sunsuit specifically designed for children

- Protect head, shoulders and necks. Use bucket or surfie style hats with a wide brim an don't forget school times; playtimes and lunch-breaks. Give children a hat to wear at school, and, if they cant apply sunscreen at school cover their exposed skin with factor 30+ before they go.

- Buy good quality, wraparound sunglasses.

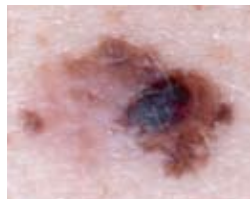


Act as good role models-adults should set a good example when out in the sun.

## EARLY DETECTION

You should consult your doctor if you develop any of the following signs as this may indicate a melanoma:

- Changing shape, particularly getting an irregular outline
- Changing colour/getting darker, becoming patchy or multi-shaded
- An existing mole getting bigger or a new mole growing quickly
- A mole starts to itch or become painful
- A mole is bleeding , becoming crusty and/or looks inflamed



**A=ASYMMETRY**

When half the mole does not match the other half



**B=BORDER**

When the borders of the mole are irregular/ragged

### REMEMBER THE ABCD OF MELANOMA



**C=COLOUR**

When the colour of the mole varies throughout



**D=DIAMETER**

If the diameter is larger than a pencils eraser-6mm

Remember, if you have any doubt you should consult your doctor immediately.

The examples above show photographs of abnormal moles and melanomas and should help you to recognise what is not normal. It is important to see your doctor if you notice any changes or unusual marks that have lasted more than a few weeks. It is important that you check your skin regularly (the experts suggest once per month), especially if you are at higher risk of developing skin cancer.

## SUNBURN & SUNBEDS



Sunburn is a reaction to exposure of UV radiation. The superficial layers of the skin release chemicals that cause your blood vessels to expand and leak fluid causing swelling, pain and redness. Without sun protection, UV radiation starts to penetrate deep into the layers of the skin causing damage to the skin cells. Skin turns red within 2-6 hours of being burnt. This process continues on for the next 24 to 72 hours

**UVA radiation** penetrates deep into the skin, affecting the living cells that lie under the skin's surface. UVA causes long-term damage like wrinkles, blotchiness, sagging and discoloration. It also contributes to skin cancer. **UVB radiation** penetrates the superficial layer of skin and is the main cause of skin tanning and sunburn

Studies show that sunburn during childhood can double a person's risk of skin cancer. Interestingly, protective attitudes to sun exposure during childhood can lead to fewer moles, a known risk factor for melanoma. Hence it is imperative that children are educated about sun protection and sensible precautions.



**'THERE'S NO SUCH THING AS A SAFE TAN'**

Sunbeds are not safe **'FACT'**. Research has proved that sunbeds give out the same harmful UV rays as the sun, damaging the DNA in our skin cells which can cause all types of skin cancer. It is estimated that sunbeds cause around 100 deaths from melanoma in the UK each year with incidences rising at an alarming rate.

Experts link the dramatic rise in the incidence of melanoma in the 15-34 age group to sunbed use in young adults. Research has shown a higher risk of skin cancer for those who have used sunbeds more often, for longer periods of time, or at a younger age. Using a sunbed just once a month can increase your risk of skin cancer by more than half and regular sunbed use under the age of 35 increases the risk of skin cancer by an alarming 75%.

It is a common misconception is that a sunbed tan will prepare or protect your skin before you go on holiday - It won't! The intensity of some types of UV rays from sunbeds can be up to 10-15 times higher than that of the midday sun. Burning or going red under a sunbed is a sign that you have seriously harmed your skin. Sunbeds can cause premature aging, sagging, wrinkling and blotching of the skin - once the tan fades the damage remains and can have very serious consequences.

For further information visit: [www.skcin.org](http://www.skcin.org)