



HEALTH INFORMATION

Sun awareness

Skin cancer is one of the most common cancers in the UK and the number of people who develop it is increasing. The most virulent form of skin cancer, malignant melanoma, has seen the largest increase in incident rates of any cancer, having more than doubled over the last 20 years.

Approximately 2300 people die from skin cancer each year in the UK. The majority of cases are caused by ultraviolet radiation from the sun or sunbeds.

Skin cancer can affect anyone, but people most at risk have:

- Fair skin that burns easily
- Red or fair hair
- A lot of moles or freckles
- A personal or family history of skin cancer
- Already had sunburn, especially when young

Be safe in the sun

- Cover up by wearing a t-shirt to form a barrier to the sun's harmful rays
- Wear a hat and sunglasses
- Stay in the shade between 11am - 3pm
- Use a high factor sunscreen of at least SPF15
- Drink plenty of water to avoid dehydration
- Take particular care of children

Check your skin regularly for any unusual moles or spots. See your GP immediately if you find anything that is changing in shape, size or colour, itching or bleeding.

The dangers of sunbeds

It is now illegal for people under 18 years of age to use sunbeds. Health risks linked to the use of sunbeds include

- Skin Cancer
- Premature ageing
- Sunburn
- Cataracts
- Dryness and itching
- Bumpy rashes
- Eye irritation

For more information

www.bad.org.uk/site/715/default.aspx

www.cancerresearchuk.org/cancer-info/publicpolicy/ourpolicypositions/prevention/sunawareness/