



SUN SAFETY GUIDE

Prevent skin cancer
and stay protected in
the sun this summer

16,744 new cases of
melanoma skin cancer
are diagnosed in the
UK each year

If caught early skin cancer is highly treatable. One way you can stay vigilant is by regularly checking your moles using the ABCDE method.

A

ASYMMETRY

Does the mole look uneven or misshapen?

B

BORDER

Is the edge of the mole blurred?

C

COLOUR

Is it a mix of shades, has it darkened since the last time you checked?

D

DIAMETER

Is it bigger than 6mm?

E

ENLARGEMENT

Has it changed in shape or become raised above the skin's surface?

If you notice anything unusual please book an appointment with your GP.

MYTHBUSTER

"I don't need sun screen in the U.K."

FALSE! No matter where you are, if you are exposed to sunlight, you need spf. Your skin is at risk whether you feel heat or not.

MYTHBUSTER

"If I don't burn, my skin will be fine."

FALSE! Your skin does not have to burn to develop cancerous cells. Even on cloudy days, you need SPF.

MYTHBUSTER

"I don't need to worry until I'm older."

FALSE! Our skin is extra sensitive when we are younger. Using a tanning bed before the age of 35 can increase the risk of malignant melanoma by 75%.

WHAT IS SKIN CANCER?

Skin cancer is the uncontrolled growth of abnormal skin cells, which occurs when DNA damage triggers mutations or genetic defects in the skin cells.

These defects then cause the skin cells to multiply and form tumours. It's important to protect your skin and help prevent skin cancer.

Stay safe and remember to:



Stay covered with a hat, t-shirt and sunglasses



Keep topping up that sun screen! Wait 20 minutes after applying before you head into the sun and aim to top up every 2 hours



Keep the kids covered, especially if they're playing in the pool. Spend time in the shade between 11am - 3pm



Regularly check your moles for any changes



WHAT CAUSES SKIN CANCER?

Skin cancer is caused by exposure to harmful UVA & UVB rays, which damage the DNA in skin cells.

Artificial sources of UV light, such as sunbeds, can also increase your risk of skin cancer. Whether it's a sunbed or the real thing, the more damage that occurs over time, the more likely skin cancer is to develop.

WHO'S IN DANGER?

Skin cancer can affect anyone and we should all be taking precautions to protect our skin. However, certain characteristics can increase your chances of developing skin cancer:



Lots of moles or freckles



Fair skin that burns easily



Red or fair hair



Family history of skin cancer

NORTH WEST CANCER RESEARCH

North West Cancer Research is an independent cancer charity, dedicated to putting our region's cancer needs first, funding pioneering research and education to tackle the cause, improve the care and find the cure for cancer.

We focus on the types of cancer that affect people living across the North West and North Wales the most and since 2000 we have funded over £45 million worth of world-class research.

GET CONNECTED



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