

Skin Cancer and Sun Safety

What is Skin Cancer



This is when the cells in the skin are damaged by too much sun or by using sun beds.



The sun gives out ultraviolet rays (UV rays). The rays can damage your skin.

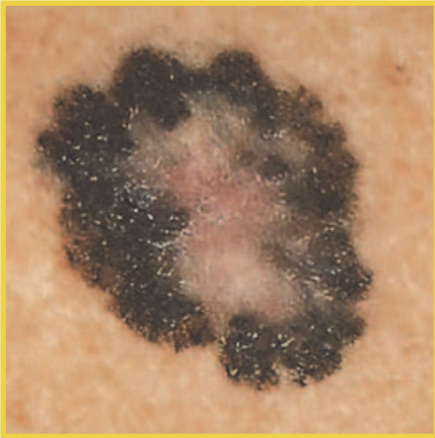


Sun beds give out ultraviolet rays (UV rays). The rays can damage your skin.

Skin Cancer



Skin Cancer is a common cancer in the UK. Men and Women can get Skin Cancer.



There are two types of Skin Cancer.

Malignant Melanoma is a Skin Cancer.



Another Skin Cancer is Non Melanoma Skin Cancer.

Skin Damage



Having a tan does not mean you have good health.



If your skin has changed colour this is a sign of damage to your skin.



This damage will stay with you after your tan is gone.

Changes to Moles

New moles can develop or old ones can change.

You need to look at your moles and skin for any changes.

The changes to look for with your moles:

If the moles get bigger, contact your doctor.

If the edge of the mole changes shape, contact your doctor.



Changes to Moles



If the colour of your moles change or your moles become itchy, contact your doctor.



If your moles begin to bleed, contact your doctor.



If you notice any changes in your moles, contact your doctor.

Changes to your Skin



If a sore develops and does not heal like other sores, contact your doctor.



If the sore bleeds, contact your doctor.



If the sore becomes itchy, contact your doctor.

If your sore does not heal after three weeks, contact your doctor.



Sun Safety

Enjoy the Sun Safely

In this country it is important to take care in the sun between May – September.



People who have freckles, red or fair hair, and blue or green eyes are at a higher risk of burning in the sun.



These people must take more care than people who have black or brown coloured skin.



Sun Safety

Enjoy the Sun Safely

Even people with dark skin, can burn if the sun is strong enough.



Before going outside in the sun check your medication leaflet as some medications may affect your skin in the sun.



Stay in the shade between 11am to 3pm.



Sun Safety

Enjoy the Sun Safely



Types of shade can include natural shade like a tree.



Or an umbrella at the park or beach.



You can also stay inside during the hottest part of the day but still enjoy the sunshine.

Sun Safety

Enjoy the Sun Safely



Wear clothes that cover your skin such as t-shirts and light trousers.



Wear hats to protect the face eyes and head.

Wear sunglasses that have 100% UV protection.



Between May – September, remember to drink more water in the sun.

Sun Safety

Enjoy the Sun Safely

Use sun cream.

Use sun protection factor (SPF) 15 or above.

Check the expiry date on the sun cream.

Put sun cream on 30 minutes before you go out in the sun.





Sun Safety

Enjoy the Sun Safely

Put sun cream on clean and dry skin.



Put sun cream on all areas of the skin that are not covered by clothes.



Put sun cream on regularly every couple of hours.





Sun Safety

Enjoy the Sun Safely

Put on plenty of sun cream. Sun cream can be easily washed, rubbed or sweated off.



Keep putting sun cream on when outside.



Some sun creams are waterproof.

Keep putting sun cream on when outside and after going in the water.



Sun Safety

Enjoy the Sun Safely

Make sure your skin does not go red as this is a sign of burning.



If you get sunburned this will increase your risk of getting Skin Cancer (Melanoma).

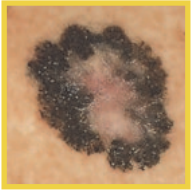


Have fun in the sun, enjoy the sun safely.

Wordlist



UV - Ultraviolet Rays; these are the rays that come from the sun and sun beds.



Malignant Melanoma; is a Skin Cancer, Malignant Melanoma means sometimes this type of cancer may spread to other areas in your body. Malignant Melanoma is the 5th most common cancer in the UK (CRUK 2011).



Medication; this can be in tablets, patches, or liquid form. Sometimes these may be stored in a blister pack.



11:00



3:00

Stay in the shade between 11am to 3pm; this is when the sun is at its strongest. Your skin can still burn outside of these hours.

Wordlist



Sunglasses; wear sunglasses that have 100% UV protection. UV means ultraviolet rays. This means they can protect your eyes from the sun's rays.



The sun protection factor (SPF) 15 or above; the higher the SPF number, the more protection you have from the rays, which come from the sun. You can buy the sun protection factor (SPF) in a cream or spray.



This booklet is available in other languages and formats

This leaflet has been developed by the Health Promotion Specialist, Liverpool Community Health NHS Trust, and Rebuild Liverpool Primary Health Care Facilitators LD, Mersey Care NHS Trust in consultations with United Response Men's Group from Oakfield Day Service, United Response Women's Group from Oakfield Day Service, People First Merseyside and Mencap Liverpool Social Group.