



### WATCH YOURSELF

It's not unusual to have some freckles or moles. But look out for any moles that change colour or shape, become larger, inflamed or itchy, that bleed or weep. These may be symptoms of skin cancer and you should have it (them) checked by your doctor immediately.

REMEMBER MOST SKIN CANCERS ARE CURABLE IF DIAGNOSED EARLY ENOUGH

For further information contact:

**Ulster Cancer Foundation**  
028 9066 3281

**Western Health & Social Services Board**  
028 7186 0068

**Southern Health & Social Services Board**  
028 3741 0041

**Eastern Health & Social Services Board**  
028 9032 1313

**Northern Health & Social Services Board**  
028 2565 3333

Or log on to [www.careinthesun.org](http://www.careinthesun.org)

### EUROPEAN CODE AGAINST CANCER

#### CERTAIN CANCERS MAY BE AVOIDED AND GENERAL HEALTH IMPROVED IF YOU ADOPT A HEALTHIER LIFESTYLE

- Do not smoke. Smokers, stop as quickly as possible and do not smoke in the presence of others. If you do not smoke, don't start.
  - If you drink alcohol, whether beer, wine or spirits, moderate your consumption.
  - Increase your daily intake of vegetables and fresh fruits. Eat cereals with high fibre content frequently.
  - Avoid becoming overweight, increase physical activity and limit intake of fatty foods.
  - AVOID EXCESSIVE EXPOSURE TO THE SUN AND AVOID SUNBURN, ESPECIALLY IN CHILDREN.
  - Comply strictly to regulations aimed at preventing any exposure to known cancer causing substances. Follow all health and safety instructions on substances which may cause cancer.
  - See a doctor if you notice a lump, a sore which does not heal (including in the mouth), a mole which changes in shape, size or colour, or any abnormal bleeding.
  - See a doctor if you have persistent problems, such as a persistent cough, persistent hoarseness, a change in bowel or urinary habits or an unexplained weight loss.
- FOR WOMEN**
- Have a cervical smear regularly. Participate in organised screening programmes for cervical cancer.
  - Check your breasts regularly. Participate in organised mammographic screening programmes if you are over 50.



# SKIN CARE IN THE SUN



ASPECTS OF CANCER PREVENTION

Produced by The Northern Ireland Melanoma Strategy Implementation Group

Funded by: Department of Health, Social Services & Public Safety  
An Roinn Sláinte, Seirbhíse Sóisialta Agus Sábháilteachta Poiblí

[www.careinthesun.org](http://www.careinthesun.org)



## THE FACTS

- The sun causes wrinkling, dry skin, blotches and premature ageing.
- The damage can accumulate and may lead to skin cancer.
- In Northern Ireland over 2470 people are diagnosed with skin cancer each year, 1 in 4 of all cancers.
- Skin cancers are increasing especially in young people.
- There are different types of skin cancer. The most serious is malignant melanoma, causing 170 cases a year.
- Most skin cancers are linked to excessive exposure to sunlight.
- Most skin cancers are curable if treated early.

## WHO IS AT RISK?

Everyone is at risk

But the following are **particularly** vulnerable:

- The fair haired, who burn easily.
- People with a fair complexion.
- Outdoor workers e.g. farmers, construction, fishermen etc.
- People with a family history of skin cancer.
- All children. Their skin is extremely sensitive. The damage caused in children's skin by sunburn over the years can cause skin cancer.



## HOW CAN WE PROTECT OURSELVES?

### If you intend to be out in the sun

**Cover Up** Wear loose fitting clothing to protect your shoulders, arms, and legs when you are walking around in the sun. A wide-brimmed hat will shade your face and help protect your nose, neck, ears and lips.

**Seek Shade** Especially during the hottest part of the day between 11 am and 3pm. Try to stay out of the sun completely during this time. Limit the time you are exposed to the sun.

**Use Sun Screen & Sun Block** In Northern Ireland a sun protection factor (SPF) of at least 15 is recommended. When you travel abroad to hotter countries a higher SPF should be used. Apply before going out in the sun. Re-apply sunscreen every two hours and after swimming or perspiring.

**Protect Your Eyes** by wearing suitable sunglasses (UV rated).

## BEWARE

- Cool breezes can mask the effects of the sun.
- Do not drink alcohol if you intend to sunbathe. You could easily fall asleep and be badly burnt.
- Taking certain medicines can make your skin more sensitive to sunlight.

Some anti-histamines, antibiotics, barbiturates and birth control pills can cause adverse reactions. Some perfumed preparations and cosmetics can cause similar reactions as can some industrial and agricultural chemicals.

## SUNBURNED?

Burning damages the skin. Do not get sunburned. Never let children burn.

## SUNBEDS

Sun-tanning machines can damage the skin. They cause the skin to become aged and can be a cause of skin cancer.

So if you still want to get a tan- Get it from a bottle  
**FAKE IT**

“ KIDS COOK QUICK  
BE SUNSMART ”

Keep all children out of the sun.

