

ARE YOU AT RISK OF SKIN CANCER?

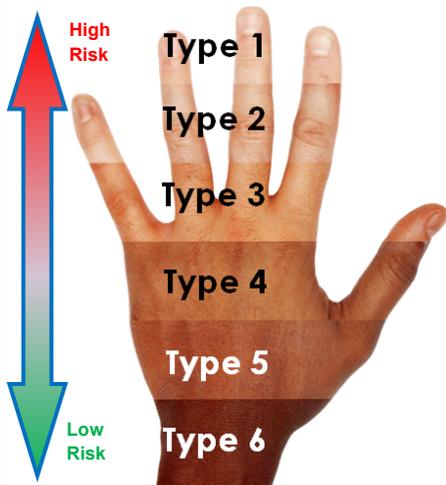
Some people are more at risk of developing skin cancer than others



What's your skin type?

Not everyone's skin offers the same level of protection.

Know your skin Type!



Skin Type 1—Pale skin, burns very easily and rarely tans. Generally light coloured hair and freckles

Skin Type 2—Fair skin that usually burns and may gradually tan

Skin Type 3—Skin that burns with prolonged exposure but tans quite easily

Skin Type 4—Olive coloured skin that tans easily. Could still burn from prolonged UV exposure

Skin Type 5—Naturally brown skin. Only burns with excessive UV exposure

Skin Type 6—Black skin. Very rare if ever to burn

RISK FACTOR

MELANOMA

NON MELANOMA

Skin Type—People with pale skin who are prone to burning

YES

YES

Sunburn—Previous episodes of sunburn (especially in childhood)

YES

YES

Number of Moles—People with more than 50 moles

YES

NO

Unusual Moles—Moles of an unusual (Atypical) appearance (large, irregular shape or colour)

YES

NO

Immune System—People with a suppressed immune system (medication or medical condition)

YES

YES

Occupation/Lifestyle—People with prolonged UV exposure through their lifestyle or occupation

NO

YES

Family History—A close member of family with a previous Melanoma

YES

NO

Sunbed use—Those who have used sunbeds

YES

YES

Sunbathing—People who regularly sunbathe now or in the past

YES

YES

British Association of Dermatologists

If you notice any changes to an existing mole or new mole/lesion you should check it out!

www.screenancer.com

TOP 6 TIPS

How to stay safe in the sun

90% of Skin Cancers in the UK are linked to too much sun exposure to sunlight

SUNSCREEN

High protection of SPF 30+ with a UVA rating of 4+. Reapply every 2 hours and after swimming



SHADE

Seek shade between 11am—3pm and keep all babies/ young children out of the sun



CLOTHING

UPF rated clothing is designed to provide the best protection from UV rays



HAT

Wear a hat with a wide brim to shade the face, ears and neck



SUNGLASSES

It is important to wear sunglasses with a European CE mark to protect your eyes from UV rays



FLUIDS

Keep hydrated by drinking plenty of fluids even when you don't feel thirsty



All skin types can be damaged by UV exposure but those with fairer skin need to extra care!



ScreenCancer