Sunburn Can Double Your Risk Of Skin Cancer...

Most skin cancers are caused by overexposure to ultraviolet (UV) radiation from the sun or sunbeds. Don’t let sunburn catch you out. Whether you’re at home or abroad, use shade, clothing and minimum SPF15 sunscreen to protect yourself and be SunSmart.

Use Sunscreen!

- No sunscreen, no matter how high the factor, can offer 100% protection.
- Sunscreen should never be used in order to spend longer in the sun, but to increase your level of protection.
- Factor 15 represents the best balance between protection and price. You will get over 90% protection from UVB rays with SPF 15.

Tips for using sunscreen properly

- Try to apply sunscreen at least 15-30 minutes before going out in the sun, use a generous amount on clean, dry skin and rub in only lightly.
- Re-apply once outside to ensure even coverage, then re-apply every 2 hours or more frequently if washed, rubbed or sweated off, even waterproof ones!
- Don’t store sunscreens in very hot places, as extreme heat can ruin their protective chemicals and check the expiry date - most sunscreens have a shelf life of 2-3 years.

Covering up! When there’s no shade around, the best way to protect your skin from the sun is with loose clothing, a wide-brimmed hat and good quality sunglasses!

For more information and loads of facts, tips and advice about protecting your skin, check out the new ‘SunSmart’ campaign from Cancer Research, visit: www.sunsmart.org.uk
Drink More Water!
When the weather gets hotter your body loses more water. You should drink additional water each day to compensate for this loss.

Choosing sunglasses
As well as damaging the skin, overexposure to UV rays can damage the eyes too. Too much UV can lead to cataracts as well as rare types of eye cancer. Wearing sunglasses in strong sunlight can help to protect the eyes from damage.

When choosing sunglasses look for one of the following:
- the ‘CE Mark’ and British Standard (BS EN 1836:1997)
- a UV 400 label and a statement that the sunglasses offer 100% UV protection

Also, make sure that the glasses offer protection at the side of the eyes too.

Avoid Sunbeds
- Sunbeds are not a safe alternative to sunbathing outdoors. Like the sun, sunbeds give out harmful UV rays which damage the DNA in our skin cells and can cause skin cancer.
- Sunbeds are estimated to cause around 100 deaths from melanoma every year in the UK.
- Using a sunbed once a month or more can increase your risk of skin cancer by more than half. When the tan fades, the damage remains.
- Sunbeds also cause premature skin ageing, which means that your skin becomes coarse, leathery and wrinkled at a younger age.

NEVER use a sunbed if you:
- are under 18
- have fair or freckly skin, have a lot of moles or burn easily
- have had skin cancer in the past or have a family history of skin cancer
- are using medication that increases your sensitivity to UV