

STAYING SAFE IN THE SUN: YOUR GUIDE TO SUN PROTECTION

WHAT IS SUN DAMAGE?

Over exposure to the sun's UV rays can lead to many skin issues and increase our risk of skin cancer. A sun tan is a sign that our skin has been damaged by UV radiation, and a sun burn is a clear indicator of sun damage.

However we are at risk of UV damage every day, even when it is cloudy, so it is important to keep skin protected. The sun emits two main types of UV rays:

- > UVA is associated with premature skin-ageing, wrinkles and pigmentation as well as skin cancer. UVA rays can penetrate deeper into the skin
- > UVB is mostly responsible for sun burn and is most commonly linked to cause skin cancer

Both UVA and UVB rays can trigger changes at the heart of our cells and damage their DNA, which after frequent exposure can lead to long-term skin damage and skin cancer, therefore it is especially important that we choose a sun cream that protects from both.

Over the last decade, melanoma skin cancer mortality rates have increased by 7% in the UK, but 86% of melanoma skin cancer cases are preventable.¹ Melanoma often occurs in young and middle aged adults. It is the fourth most common cancer in Ireland. The number of cases of melanoma and the number of deaths from melanoma have been increasing in Ireland over the last 20 years.²

HOW CAN I PROTECT MYSELF FROM SUN DAMAGE?

You can better protect yourself from sun damage by following a few simple safety precautions:



✓ Seek shade

Avoid direct sun exposure between 11am and 3pm when the sun is at its strongest. Keep babies and young children out of direct sunlight at all times.



✓ Apply sun cream

Apply generously 30 minutes before sun exposure and reapply every two hours especially after swimming and towelling. Choose a sun cream with high UVA and UVB protection.



✓ Cover up

Protect your skin with clothing, including a hat, long sleeves and sunglasses with UV protection. If wearing this type of clothing isn't practical, at least try to wear a t-shirt or a beach cover-up.

Did you know? A typical t-shirt has an SPF rating lower than 15, so try to use other types of protection as well³

¹ Cancer Research UK, <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/melanoma-skin-cancer>, Accessed 06/2020


² <https://irishskin.ie/melanoma-skin-cancer/>

³ https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

WHAT TYPE OF SUN CREAM SHOULD I USE?

You should always use a broad spectrum protection, this means it contains UVA and UVB protection, SPF 30 is the minimum satisfactory form of protection. In the UK you might also see a UVA star rating system, which indicates the ratio between UVA and UVB protection, a low SPF may still be 3+ stars but the level of UVA and UVB is much lower so it is still less protective.

For best results follow this checklist:

- Use a high SPF (sun protection factor) ideally minimum SPF 30
- Choose a suncream with UVA protection, look out for this symbol 
- Choose the texture that is best suited to your skin type
- For best results choose a water-resistant sunscreen

All skin types	Dry, sensitive skin	Oily, blemish-prone skin	Babies & kids (3 years+)
			
Anthelios Invisible Fluid for face Anthelios Invisible Spray for body	Anthelios Hydrating Cream for face Anthelios Hydrating Lotion for body	Anthelios Anti-Shine Lotion for face Anthelios Anti-Shine Mist for face	Dermo Baby Lotion (6 months+) Dermo Kids Invisible Spray (3 years+)

HOW SHOULD I APPLY SUN CREAM?

- Apply sunscreen generously before sun exposure (approx 30 mins) and re-apply at least every two hours
- Adults (16+ years) should use approx 2 tablespoons of sun protection for optimal body coverage, if in doubt of how much to use 'more is always better'



- We recommend using a sun cream on your face daily, whatever the weather. It's best to apply sun cream after your moisturiser and before your make-up for best protection, or find a moisturiser with an SPF
- Adults (16+ years) should use 2 teaspoons (10ml) of sun protection for optimal face, neck and shoulders coverage. Make sure to protect your temples, ears and back of the neck, as these are often missed!

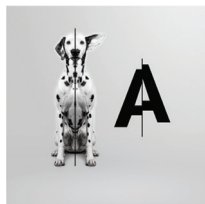
I HAVE APPLIED MY SUN CREAM...NOW WHAT?

YOUR GUIDE TO MOLE CHECKING

HOW SHOULD I CHECK MY MOLES?

Many melanomas appear in or near to a mole that was already present on the skin, so it is important to self-check regularly, we recommend once a month. You should look at all areas of your skin and ask a friend or family member to help check your scalp, ears, back and areas you can't easily see yourself. Using a hand-held mirror can also be helpful when checking hard to reach areas. And don't forget to check the in skin folds, soles of your feet and between your toes!

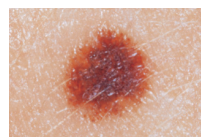
WHAT CHANGES SHOULD I LOOK OUT FOR?



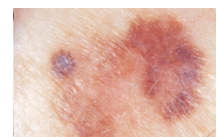
ASYMMETRY

Are the two halves of the area different in shape?

Mole

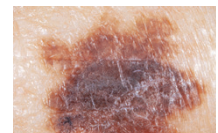
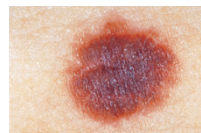


Melanoma



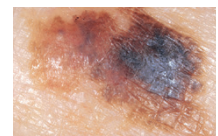
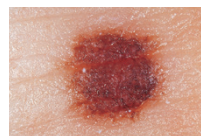
BORDERS

Are the edges of the area blurred, irregular or ragged?



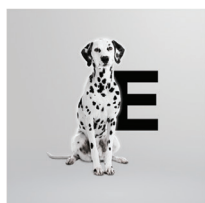
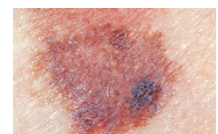
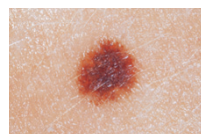
COLOUR

Is the colour uneven? Has the colour changed to a shade of black or darker brown?



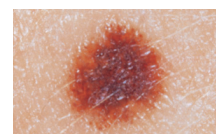
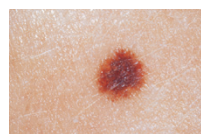
DIAMETER

What size is it? Is it changing or growing in size?



EVOOLUTION

Has the area changed or evolved in any way?



WHAT SHOULD I DO IF I NOTICE CHANGES?

Speak to your GP as soon as possible if you notice any changes. Skin cancers can vary so alert your doctor of any new or unusual changes to your skin, even if not listed above, get it checked. Early detection is extremely important in melanoma cases. If in doubt, get it checked out!