

YOUR SUMMER CHECK LIST

It's difficult to write this from my office when I look out of the window to yet more rain!!

However, skin cancer and protection from the sun is no laughing matter....it's a major problem and it is becoming more of a problem as we grow older and spend more time in the sun. Even when the sun is not shining we are still exposed to UV light.

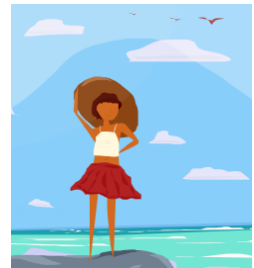
Melanoma is the 5th most common cancer and accounts for 4% new cases of cancer each year. That's 40 new diagnoses each day in the UK and is responsible for 2100 deaths each year. 86% of these cases are caused by direct exposure to UV sunlight - most commonly the sun but of course from sunbeds as well.

You can still enjoy the sun but it is extremely important to try and reduce your risk with some simple precautions.....

Use high factor sun cream - SPF 30 - 50. Don't worry you will still get a tan it just takes a few days longer to develop. Very important to put cream all over - don't forget the tops of heads and ears.

Cover areas that are at higher risk and especially if they have become burned...so wear a hat or take yourself out of the sun if you are feeling the heat!

Remember the best treatment is prevention so a few simple measures will stand you in good stead to prevent melanoma and other skin cancers.



If you are worried about a skin cancer please visit your GP to discuss. Watch out for a change in shape/size/colour (especially darker)/ulceration/bleeding and an irregular border of the mole.