



SKINCANCER
FOUNDATION
OF SOUTH AFRICA
www.skincancerfoundation.co.za

Prevent skin cancer

Here's how



USE SUNSCREEN DAILY AS PART OF ROUTINE SKIN CARE

- Sunscreen should be used with prolonged outdoor activities and during everyday activities, as UV radiation exposure adds up over time.
- Choose a sunscreen that is broad spectrum, protecting against UVA and UVB rays and has a minimum SPF of 30.
- Apply 30 minutes prior to exposure.
- Re-apply every two hours when outdoors.
- Don't forget to apply on your scalp, neck and the back of your hands.
- Use enough sunscreen. Most adults need about a shot glass (2 tablespoons) amount to fully cover their body.
- Remember that while sunscreen is a great first line of defence, it needs to be accompanied by other sun-safe practices.



AVOID SUNBEDS AND TANNING CULTURE

The International Agency for Research on Cancer (IARC) has classified natural UV radiation and UV-emitting tanning devices (sunbeds) as carcinogenic. People who have used a sunbed have a 20% greater risk of melanoma than those who have not.

- Those who first used a sunbed before the age of 35 years have a 59% greater risk of developing melanoma.
- The risk of melanoma was calculated to increase by 1.8% with each additional sunbed session per year.
- 5.4% of melanoma cases in European countries could be attributed to sunbed use.

The link between skin cancer and UV radiation exposure is quite simple — the greater the exposure to UV radiation, the greater the likelihood of developing skin cancer and the more quickly the skin will age.

Quoted: <https://dermnetnz.org/topics/sunbeds-and-solaria> Also, <https://www.nhs.uk/common-health-questions/lifestyle/are-sunbeds-safe>
<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/how-do-sunbeds-cause-skin-cancer>



PLAN ACTIVITIES AWAY FROM PEAK SUN HOURS

- Protection from UV rays is important all year round, not just during summer.
- Avoid outdoor activities between 10am and 4pm.
- UV intensity is determined by the angle of the sunrays and not temperature.
- You can also reduce your risk of sun damage and skin cancer by seeking shade under an umbrella, tree, or other shelter.
- It is important to protect yourself in cool clouded weather.



UNDERTAKE REGULAR MOLE SELF-EXAMINATIONS

- Stand naked in front of a full-length mirror and use the handheld mirror to see difficult places, starting with your face and working down.
- Look out for any changes in moles, especially new black-coloured moles and changes in size, shape, colour and feel.
- Check for any new growths, rough or red scaly patches or non-healing sores.
- Make an appointment with your dermatologist should you notice any changes.
- Visit www.saveourskin.co.za for step-by-step self-examination details.

Refer to the Australian Cancer Councils sun awareness advice: very good for children's education as well
<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/campaigns-and-events/slip-slop-slap-see-slide>

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AVOID SUNBURN

- Sunburn can manifest as skin cancer years later.
- Skin cancer risk doubles with more than five sunburns in your lifetime.
- Enjoy the outdoors, but do so wisely.



CHOOSE THE RIGHT CLOTHING

- Where possible, wear long-sleeved shirts and long pants or skirts, which provides protection from UV rays.
- Darker colours and tightly woven fabrics are better options – especially silk and polyester.
- Ideally choose certified, tested fabrics with a UPF-rating.
(www.saveourskin.co.za / www.brassisunbra.co.za)



WEAR A HAT WHEN OUTDOORS

- Choose a rim that is 4 or more inches wide.
- The right hat reduces UV exposure by 70% for the neck and head.
- Avoid straw hats that aren't finely woven.



GET SERIOUS ABOUT UV PROTECTIVE SUNGLASSES

- Eyes aren't immune to skin cancer – ocular skin cancer is on the increase.
- Choose certified, tested sunglasses.
- Wraparound sunglasses and larger frames offer the best protection.



SUN PROTECTION FOR SKIN OF COLOUR

- While skin of colour does not tan or burn easily, damage caused by UV rays can still occur in the form of hyperpigmentation (spots of darker skin), sunburn, premature skin ageing and skin cancer.
- People with skin of colour are prone to skin cancer in areas that aren't commonly exposed to the sun, like the palms and soles, nails, the groin, and the inside of the mouth.
- It is advised that you check your skin regularly, with particular focus on these areas.