

SKIN CANCER



Skin Cancer is the most common cancer in Ireland and can be prevented.



It is caused by **Ultraviolet (UV)** radiation from the sun or UV radiation from sunbeds.



UV radiation is present even on cloudy days.

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

To reduce your risk of Skin Cancer protect your skin from UV radiation every day from April until September especially between 11am and 3pm.

Follow the SunSmart 5 S's to reduce your risk of Skin Cancer



Slip on clothing that covers your skin



Slop on sunscreen on exposed areas using factor 30+ for adults and 50+ for children



Slap on a wide-brimmed hat



Seek shade – especially if outdoors between 11am and 3pm



Slide on sunglasses

Find Skin Cancer Early

Check your skin regularly including the parts you cannot see easily such as your back, neck and top of head.

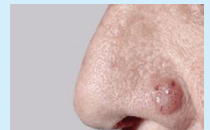


The earlier Skin Cancer is found the easier it is to treat



Contact your doctor if you have any of the following:

- ✓ A pink patch or pink lump.
- ✓ A new dark spot on your skin.
- ✓ A new mole or freckle.
- ✓ A change in a mole or freckle. This could be a change in shape, size or colour of a mole you already have on your body or a mole that may be itchy or bleeding.
- ✓ A dark coloured line or patch under your nail.



REMEMBER!



Do not try to get a tan



Avoid getting sunburnt



Never use sunbeds



Keep babies out of direct sunlight and in the shade to prevent skin cancer in later life.