



How to protect your skin – the easy way



As well as causing cancer, UVA rays also cause your skin to age prematurely, while UVB rays cause sunburn. The good news is there are things you can do as part of your health and wellness routine to **reduce your risk** of wrinkles, spots, saggy skin and skin cancer.

- Cover up or stay in the shade when the sun is at its hottest.
- Wear a wide-brimmed hat and sunglasses.
- Wear a UV-treated t-shirt when swimming outdoors.
- Exercise outdoors early in the morning or in the evening.
- Don't use sunbeds – the UV rays can be fifteen times stronger than the Mediterranean sun at midday.
- Use sunscreen with UVA and UVB protection.



So remember, have fun in the sun, but use the right kind of protection to keep your skin safe!



Sunscreen checklist



Not all sunscreens provide the same levels of protection. So, follow our handy checklist to keep your skin sun safe.

- ✓ Choose sunscreen with both UVA and UVB protection.
- ✓ Use an SPF30 or above – ideally, SPF50.
- ✓ Apply sunscreen at least 20-30 minutes before exposure.
- ✓ Re-apply every two hours, before and after swimming, after heavy sweating, or after using towels.

Know your skin type

The skin is typically classed in six different types, based on how it reacts when exposed to the sun:

- 1 • Fair skin, often with freckles
• Always burns and does not tan
- 2 • Fair skin, a little darker than type 1
• Tans slowly and prone to sunburn
- 3 • Slightly darker complexion
• Tans easily and quickly
- 4 • Light brown skin
• Tans quickly and deeply
- 5 • Dark brown skin
• Tans very easily and rarely burns
- 6 • Very dark brown to black skin
• Very rarely burns and deeply pigmented

Scan the QR code to visit our website and find out more about staying safe in the sun.



There are easier ways to stay safe in the sun.

Use the right kind of protection to reduce your risk of early wrinkles, saggy skin, and skin cancer.

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Why use skin protection?

Skin cancer is one of the world's most common cancers and incidence rates are rising faster than for any other type of cancer.

Here are some of the factors that can affect your risk of developing skin cancer:



CAUTION
Take extra care



Working outdoors

If you work outside you are twice as likely to get skin cancer.



Outdoor sports

Outdoor pursuits increase your UV exposure over your lifetime, and thus, the risk of skin cancer.



Time spent outdoors

Regular sun exposure adds up – 86% of melanomas can be attributed to exposure to UV radiation from the sun.



WARNING
To be avoided



Tanning

Nine out of ten skin cancers are caused by UV rays from the sun or sunbeds.



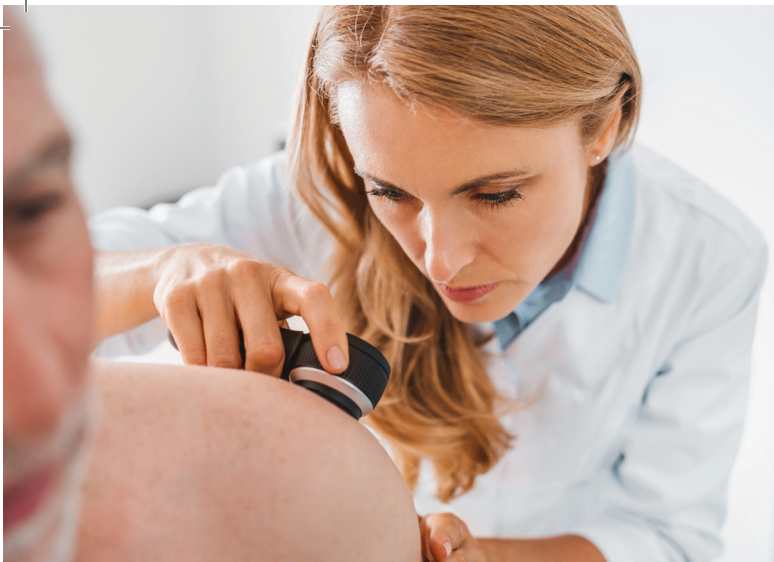
Sunbed use

One sunbed session before the age of 35 can increase your risk of skin cancer by almost 60%.



Sunburn

Your risk of skin cancer triples if you have ever had severe sunburn (which produced blisters or were painful for two or more days).



What does skin cancer look like?

While skin cancer is still rare in young people, it is becoming more common, so it's important to know what to look for. The main signs are spots, moles or freckles that:

- Change size, colour and/or shape (see the 'ABCDE' rule)
- Appear different to the rest (the 'Ugly Duckling' sign)
- Are asymmetric or have uneven borders
- Feel rough or scaly (sometimes you can feel the changes before you can see them)
- Are itchy
- Are bleeding or oozing
- Have a pearly appearance
- Look like a cut or spot but do not heal

Careful attention should be paid to those lesions that have at least two of the above characteristics.

Four main types of suspicious skin lesion



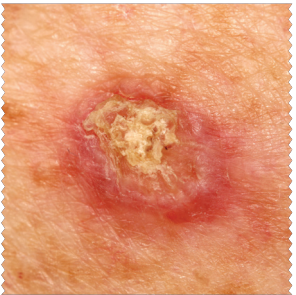
1 Melanoma

Melanoma is an infrequent form of skin cancer, occurring mostly from the age of 20, but also the most dangerous. Lesions appear as moles that change in appearance (size, shape & colour) rapidly. They can often look similar to other moles, freckles or birthmarks.



2 Basal cell carcinoma

This is a slow growing tumour – usually at a rate of 0.5 to 1 cm per year. It typically presents as a pink to brown nodule or plaque with a pearly surface.



3 Squamous cell carcinoma

Squamous cell carcinoma is a rapidly growing tumour (usually within a few weeks to a few months) that can be easily treated if diagnosed early. Lesions usually have a scaly or rough surface.



4 Actinic keratosis

Actinic keratosis is generally pre-cancerous but, if left untreated, can develop into squamous cell carcinomas. Some lesions look like small, crusty patches of skin, while others are not visible and are identified by their rough texture.

The 'ABCDE' rule

The 'ABCDE' rule is a useful way to identify potential melanomas on the body:

- A** Is the mole **Asymmetric**?
- B** Does it have indistinct or uneven **Borders**?
- C** Does it change **Colour** or have more than one **Colour**?
- D** Is it larger than 6mm in **Diameter**?
- E** Has its size, shape or behaviour **Evolved** over time?



The 'Ugly Duckling' sign

If a new lesion appears that is different from the rest, it may be suspicious. This is known as the 'Ugly Duckling' sign.

How to check your skin

Check your skin once a month for any changes or suspicious-looking spots. It's really easy and only takes a few minutes, so make it part of your routine.

It's important to check your whole body. Pay particular attention to those body parts you do not see during your daily routine (back, scalp, genital area, soles of the feet, etc.). Stand in front of a full-length mirror and use a hand mirror for those hard-to-reach places.

- 1 Look at your face, including your nose, lips, mouth and on and behind your ears.
- 2 Check your scalp, using a comb to part your hair and check your entire scalp very thoroughly.
- 3 Check the front and back of your hands and in between your fingers.
- 4 Look at your neck, chest and upper body. Women, check between and under your breasts.
- 5 Bend your elbow to check your upper arm and armpits.
- 6 Use your hand mirror to check the back of your neck and your back, top and bottom.
- 7 Check your buttocks, genital area, and the back of your legs. Finish by checking the soles of your feet and in between your toes.

What to do if you find something

If you're unsure about a new or existing spot on your skin, call your doctor or dermatologist straight away to get it checked and treated.

