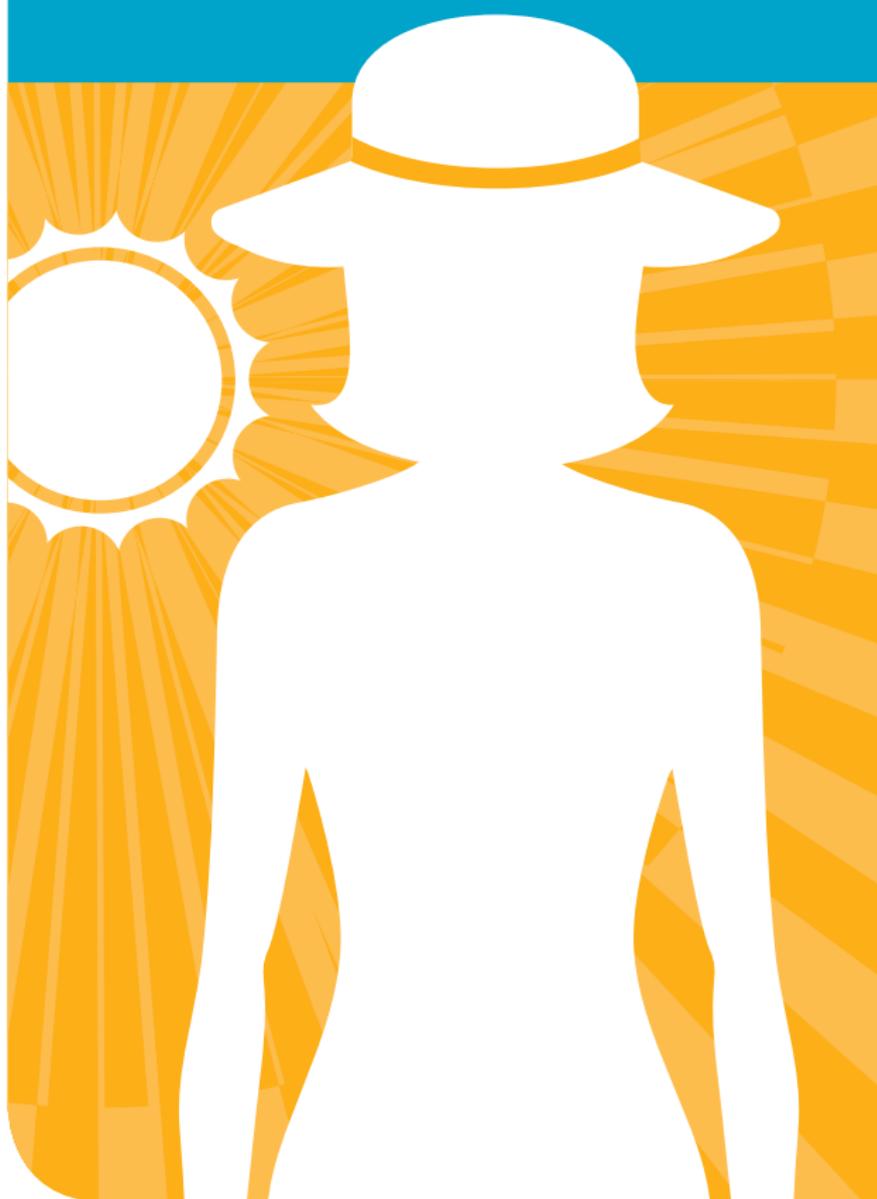


# Advice on staying safe in the sun

*Helping you make an informed choice*



  
**yorkshire cancer**  
research

*Saving Yorkshire Lives*

There are two main types of skin cancer – the more common but less serious ‘non-melanoma’ and the more serious ‘malignant melanoma’.

Malignant melanoma is the fifth most common cancer in Yorkshire. Information on the number of patients with non-melanoma is not well recorded at the moment.

### How to spot skin cancer:

The most common sign of skin cancer is a change to a mole, freckle or normal patch of skin

#### Other signs include:

- A new growth or sore that does not heal
- A spot, mole or sore that itches or hurts
- A mole or growth that bleeds, crusts or scabs

If you notice any of the signs listed above, or are worried about any other signs, talk to your doctor straight away.

Finding skin cancer early makes it easier to treat so it is important that you get to know your skin.

You may need to ask someone else to help you check areas you cannot see very easily such as your back.

**1 in 54 people are diagnosed with malignant melanoma in their lifetime**

**Do not try to diagnose yourself. If you notice any changes to your skin that do not go away, talk to your doctor straight away.**

Check your moles to spot if they are becoming cancerous by using the ABCDE tool (Asymmetry, Border, Colour, Diameter, Elevation or Enlargement). **To find out more visit [www.nhs.uk](http://www.nhs.uk) and search for ‘ABCDE moles’**

**The main risk factor for skin cancer is over-exposure to the sun.**

#### Important information for you to know:

- One blistering sunburn can double the risk of getting skin cancer later in life.
- Most skin damage is done in childhood so it is important to teach and encourage good sun behaviours from an early age.
- Be careful not to avoid the sun completely. It is an important source of vitamin D!

#### Take extra care in the sun if you:

- Have pale, white or light brown skin
- Tend to burn rather than tan
- Have many moles
- Have freckles
- Have red or fair hair

# Avoid sunburn by:



## Staying in the shade

Spend time in the shade when the sun is at its strongest, usually between 11am and 3pm.



## Covering up

Wear clothes that protect you from the sun including a wide-brimmed hat and good quality sunglasses.



## Wearing sunscreen

Use sunscreen with a sun protection factor (SPF) of at least 30 and a 4 or 5 star UVA rating. Make sure you apply enough sunscreen to cover your body (around 2 tablespoons for an adult wearing a swimming costume). Reapply sunscreen throughout the day – particularly after swimming, sweating or towel drying.



## Watching the clock

Take extra care when on holiday in sunnier climates – you may burn quickly, even when it is cloudy or when it is not hot.



## Avoiding sunbeds

Sunbeds and sunlamps can increase your risk of getting skin cancer. Public Health England recommend that you do not use them (except for medical reasons).

# Did you know?

Cases of malignant melanoma have increased in Yorkshire by 67% in the last 10 years.

UV rays can damage your skin even on cloudy days.

Pick up one of our white wristbands that turn purple under UV rays as a reminder to apply your sunscreen.

**If you are worried about any possible signs of skin cancer talk to your doctor straight away.**

Yorkshire Cancer Research wants to give information about staying safe in the sun to help you make an informed choice. We are encouraging people to protect themselves against skin damage from the sun. This will help to reduce the number of people diagnosed with skin cancer in Yorkshire.



This leaflet has been produced as part of our Wise Up To Cancer programme.

Please help us offer this programme across Yorkshire by supporting Yorkshire Cancer Research.

You can make a one off donation or sign up to give monthly by visiting [www.ycr.org.uk/donate](http://www.ycr.org.uk/donate). You can also make a donation today by texting **YORKSHIRE** to **70007** to donate £3.

Thank you.

[www.ycr.org.uk/wiseuptocancer](http://www.ycr.org.uk/wiseuptocancer)

