



SUN SAFETY AND SKIN CANCER



THE FACTS, PREVENTION AND EARLY DETECTION



EVERYTHING
YOU NEED TO
KNOW TO ENJOY
THE SUN SAFETY
AND DETECT
SKIN CANCER
EARLY.

The information in this booklet has been produced by national melanoma and skin cancer charity, Skcin: The Karen Clifford Skin Cancer Charity Registered Charity
Number: 1150048.

For further information, visit:
www.skcin.org





ABOUT SKCIN AND WHAT WE DO

For further information visit: skcin.org

RAISING AWARENESS THROUGH EDUCATION, TO
PREVENT SKIN CANCER AND PROMOTE EARLY
DETECTION, TO IMPROVE PROGNOSIS AND SAVE LIVES

With around 86% of all skin cancer cases preventable, Skcin firmly believe that in order to reverse the soaring rates of skin cancer in the UK, education on a national level is paramount. By raising awareness nationally and by targeting key 'high risk' and 'influential' groups via bespoke initiatives we can fill the mammoth void that exists in this arena and save lives. Skcin are the UK's leading provider of education intervention resources. Our mission is to build a brighter, sun safe, skin cancer free future, for our future generations and those to come.

TO DONATE AND HELP US IN OUR MISSION, PLEASE
SEE THE BACK PAGE OF THIS BOOKLET.

OUR MISSION

To provide effective educational intervention initiatives to raise awareness, increase knowledge and save lives.



SUN SAFE SCHOOLS

NATIONAL ACCREDITATION PROGRAMME
sunsafeschools.co.uk | sunsafenurseries.co.uk

ASSISTING PRIMARY & PRESCHOOLS IN THEIR DUTY
OF CARE AND EDUCATION OF CHILDREN ON THE
IMPORTANCE OF SUN SAFETY TO INFLUENCE
BEHAVIOUR AND PREVENT SKIN CANCER.

Developed by Skcin, the Sun Safe Schools and Sun Safe Nurseries national accreditation programmes are the UK's most comprehensive FREE resources to assist primary and pre-schools in creating a suitable sun safety policy, communication with parents to gain support and raise awareness of prevention and early detection within the wider community and education of pupils on the importance of sun safety, to influence behaviour and ultimately, save lives.

Salcombe are working towards becoming a Sun Safe School. For more information on the Sun Safe accreditation, please see the websites below:
sunsafeschools.co.uk
sunsafenurseries.co.uk



**SUN SAFE
WORKPLACES**
sunsafeworkplaces.co.uk

ASSISTING EMPLOYERS IN THEIR DUTY OF CARE TO
PROTECT AND EDUCATE THEIR OUTDOOR
WORKERS

Workplaces are advised to recognise that sunlight exposure is an occupational hazard for people working outdoors and to implement a policy to meet their responsibilities under the Health and Safety at Work Act. Developed by Skcin, the Sun Safe Workplaces national accreditation programme is the UK's most comprehensive resource providing employers of outdoor workers with extensive advice and guidance on the implementation of a successful sun safety policy and effective resources to educate their outdoor workers on the importance of skin cancer prevention, early detection and checking skin regularly for signs of change.

To get on board or to learn more visit:
sunsafeworkplace.co.uk



**MASCED-TRAINING
EYES TO SAVE LIVES**
Melanoma and Skin Cancer Early Detection

NATIONAL EDUCATIONAL ACCREDITATION
PROGRAMMES FOR HAIR & BEAUTY
PROFESSIONALS AND HEALTHCARE
PRACTITIONERS

The MASCED (Melanoma and Skin Cancer Early Detection) national accreditation programme has been developed by Skcin to educate hair and beauty industry professionals as well as medical and healthcare practitioners on the detection of suspicious lesions that may be observed on their client's/patient's skin. The key objectives of the programme are to increase knowledge of the early signs and symptoms of skin cancer, promote the early detection of melanoma to improve prognosis and save lives, and to raise awareness of the importance of sun safety, aiding the prevention of around 86% of all skin cancer case.

To get on board or to learn more visit:
MASCED.UK or PRO.MASCED.UK

SUN BURN THE FACTS

THE SIMPLE FACT THAT YOUR SKIN HAS CHANGED COLOUR IS A SIGN OF DAMAGE. OUR SKIN TURNS RED WITHIN 2 - 6 HOURS OF BEING BURNT AND CONTINUES TO DEVELOP FOR THE NEXT 24 TO 72 HOURS.



WARNING

UVA AND UVB HAVE BEEN DEMONSTRATED TO CAUSE DNA CELL DAMAGE WHICH CAUSES SKIN CANCER

SUNBURN is a reaction to over-exposure of UV radiation caused by the sun and/or sunbeds. The superficial layers of the skin release chemicals that cause out blood vessels to expand and leak fluid causing swelling, pain and redness. Without sun protection, UV radiation penetrates deep into the layers of the skin causing damage to the skin cells.

UVB rays reach the outer layer of your skin, they are burning rays and the primary cause of sunburns and skin cancer. UVA rays penetrate the middle of the skin and also contribute to skin burning, skin cancer and wrinkling/ premature ageing.

SOLAR UVR THE FACTS

SOLAR ULTRAVIOLET RADIATION (UVR) IS A KNOWN CARCINOGEN, IT CANNOT BE SEEN OR FELT AND IS NOT RELATED TO TEMPERATURE. IT CAN PASS THROUGH CLOUD, BOUNCE OFF REFLECTIVE SURFACES AND IS THE PRIMARY CAUSE OF SKIN CANCER.



BUT SURELY IT WONT HAPPEN TO ME?

Wrong. Skin cancer doesn't discriminate where age is concerned. The simple fact is that if you fail to protect your skin from UV radiation you're putting yourself at risk. If you allow your skin to become red and burnt, this risk can dramatically increase. There is no avoiding the fact that skin cancer is on the increase and it is a killer. So, before you strip off and feel the warmth of the sun on your skin this summer, whether on a beach abroad or simply enjoying a picnic or a bike ride in this country, ask yourself one question:

AM I BEING SUN SAFE, OR AM I DYING TO GET A TAN?

WARNING

WE ARE ALL AT RISK OF DEVELOPING SKIN CANCER.
PROTECT YOUR SKIN AND LEARN HOW TO SPOT EARLY
WARNING SIGNS

SKIN CANCER THE FACTS

ALMOST ALL SKIN CANCERS ARE CAUSED BY OVER-EXPOSURE TO ULTRAVIOLET RADIATION (UVR). ALL SKIN TYPES CAN BE DAMAGED BY UVR, DAMAGE IS PERMANENT, IRREVERSIBLE, INCREASES WITH EACH EXPOSURE AND CAN RESULT IN DEATH

REMEMBER:
BY ADOPTING SIMPLE
SUN SAFE PRACTICES
SKIN CANCER CAN BE
PREVENTED AND LIVES
CAN BE SAVED



OVER 86% OF ALL MELANOMA AND THE MAJORITY OF ALL OTHER SKIN CANCERS ARE CAUSED BY DAMAGE FROM UV, MAKING THE DISEASE ALMOST ENTIRELY PREVENTABLE

- Non-melanoma skin cancer is the UK's most common cancer
- Malignant melanoma, the deadliest form of skin cancer is now one of the most common cancers in young adults (aged 15-34) in the UK
- Over the last twenty-five years, rates of melanoma in Britain have risen faster than any other common cancer
- According to Cancer Research UK, 1 in 36 UK males and 1 in 47 UK females will be diagnosed with melanoma skin cancer in their lifetime.

SUNBEDS THE FACTS

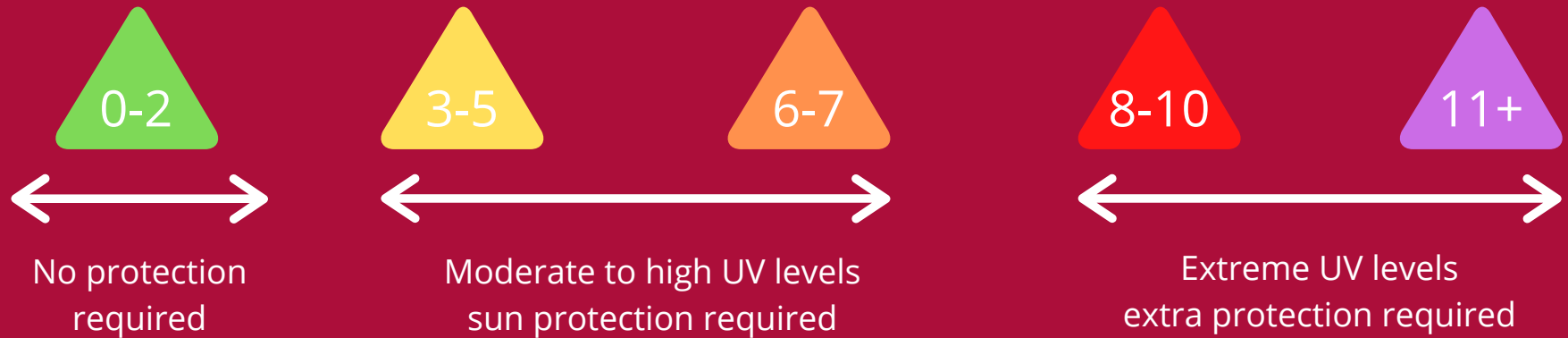
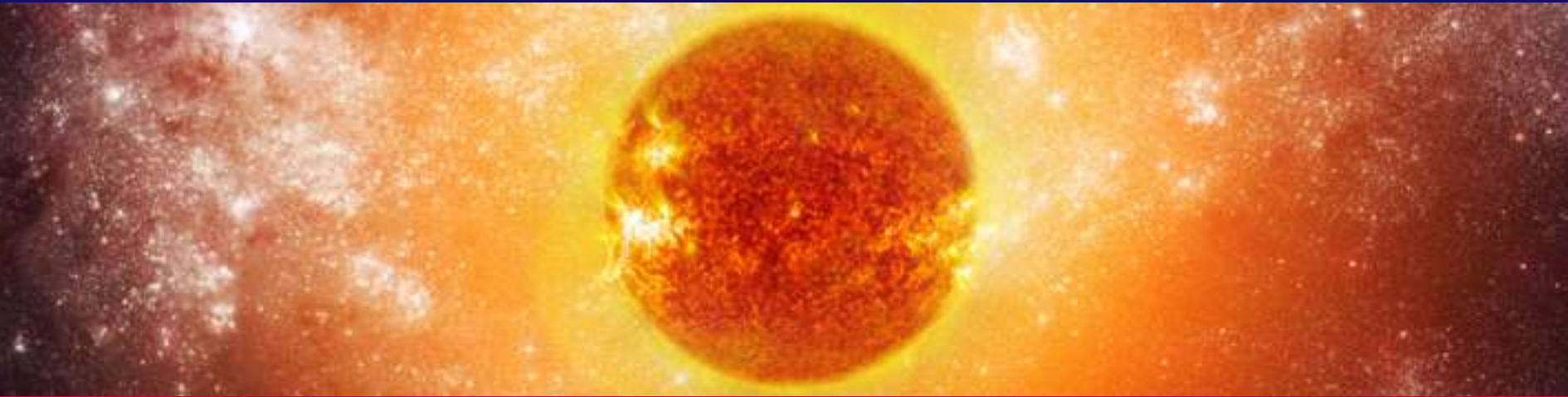
SUNBEDS ARE NOT A SAFE ALTERNATIVE TO SUN-BATHING. SUNBEDS EMIT THE SAME HARMFUL UV RAYS AS THE SUN, CAUSING DNA DAMAGE THAT INCREASES A PERSON'S RISK OF DEVELOPING DIFFERENT KINDS OF SKIN CANCER, INCLUDING THE MOST SERIOUS FORM, MELANOMA



There is so much evidence to support this, that the International Agency for Research of Cancer (IARC) has classified sunbeds as a Group 1 carcinogen. This is it's highest cancer risk category. Reports further conclude that the risk of cancer is significantly higher when exposure takes place at a younger age. A common misconception is that a sunbed tan will prepare or protect your skin before you go abroad. The fact is that sunbeds are no safer than exposure to the sun itself and the intensity of UV rays from some sunbeds can be 10-15 times higher than the Mediterranean midday, summer sun. Once the tan fades the damage remains, which can result in very serious consequences over time.

WARNING
REMEMBER THAT IT IS ILLEGAL TO USE SUNBEDS IN THE UK
IF YOU ARE UNDER THE AGE OF 18

THE SOLAR INDEX



- The UV index is a 5 category solar UV forecast
- The higher the number the stronger the UVR and the less time it takes for damage to occur
- WHEN THE UV INDEX REACHES 3 OR ABOVE, SUN PROTECTION MEASURES SHOULD BE TAKEN

VITAMIN D AND UV

Despite the serious health risks, UV radiation, in small amounts, is the most effective way to boost our Vitamin D supply, so it's important to strike the right balance. Whilst there is no one-size-fits-all level of exposure - for most, Vitamin D can efficiently and sufficiently be produced in around 15-20 minutes of sun exposure per day, from doses of UV below which cause reddening or burning of the skin.

REMEMBER

YOU CAN CHECK THE UV FORECAST AT ANY TIME AND FOR ANY LOCATION UN THE UK BY VISITING [SKCIN.ORG](https://skcin.org)

THE 5 S'S OF SUN SAFETY

SKINCIN RECOMEND FIVE
SIMPLE STEPS TO SUN
SAFETY. WHEN UV
LEVELS REACH 3 OR
ABOVE - SLIP, SLOP,
SLAP, SLIDE, SHADE



Remember, it's not just sunbathing that puts you at risk, but being in the sun without adequate protection. If you regularly take part in outdoor hobbies or sports, or work outdoors, you could be at greater risk. Make sure you use all five S's of sun safety and NEVER BURN!

WARNING

UVA AND UVB HAVE BEEN DEMONSTRATED TO CAUSE DNA CELL DAMAGE WHICH CAUSES SKIN CANCER

SLIP, SLOP, SLAP, SLIDE & SHADE

1: SLIP on sun protective clothing

- Clothing can be one of the most effective barriers between our skin and the sun
- Clothing should cover as much skin as possible
- Always keep shoulders covered, they can easily burn
- A closer weave fabric will provide better protection
- A high UPF rated fabric provides best protection

4: SLIDE on quality sunglasses

- Solar UV radiation can be damaging to the eyes, so always wear quality sunglasses
- Overall protection depends on the quality of the lens as well as the design
- Look for the European CE mark, which indicates a safe level of protection
- Those labelled with a high EPF (which ranged from 1 to 10) will provide the best protection
- Ensure they are close fitting and wrap around the sides and top of the eye
- Remember price and darkness of the lens have no reflection on the quality of protection

2: SLOP on SPF 30+ sunscreen

- No sunscreen provides complete protection
- Never rely on sunscreen alone to protect skin
- Always use a sunscreen with a Sun Protection Factor (SPF) 30 or above, preferably water resistant
- Make sure it is broad-spectrum and carries a UVA symbol (if it has a star rating, use a minimum of 4 stars)
- Store in an accessible, cool place and remember to check the expiry date
- Apply a generous amount to clean, dry, exposed skin
- Apply 20 minutes before going outdoors and once out
- Regardless of the instructions all sunscreens should be reapplies at least every 2 hours (more often if perspiring) and straight after swimming
- Protect your lips with an SPF 30+ lip balm

3: SLAP on a wide brimmed hat

- Wear a wide brimmed (at least 7.5cm) hat to shade the face, ears & neck
- Legionnaire hats (with a flap that covers the neck and joins the front peak) are the most effective
- A close weave or UPF rated fabric provides the best protection
- Baseball caps do not provide adequate shade

5: SHADE from the sun when possible

- Shade can provide a good barrier from the UV rays
- Seek shade whenever possible, particularly at the hottest times of the day between 11am and 3pm when UV penetration is strongest
- Keep toddlers and babies in the shade at all times
- Never rely on shade alone, always combine with personal protection measures.



CHILDREN AND BABIES

ONE BLISTERING SUNBURN IN
CHILDHOOD OR
ADOLESCENCE MORE THAN
DOUBLES A PERSON'S
CHANCE OF DEVELOPING
MELANOMA IN LATER LIFE.
THE DAMAGE IS IRREPARABLE



- Use a minimum SPF 30 (ideally SPF 50) sunscreen
- Ensure it is broad-spectrum, to provide both UVA and UVB protection - ideally UVA rated 5 or 4 star
- Apply liberally, ensuring good coverage
- Don't forget shoulders, ears, nose, cheeks and feet
- Apply 20 minutes before children go outdoors
- Reapply every 2 hours
- Reapply immediately after swimming/ towelling
- Keep toddlers and babies in the shade as much as possible, particularly when abroad
- Always keep shoulders covered
- Use UV protective sun suits & broad brimmed or legionnaire hats for added protection
- Don't forget to ensure they are protected prior to going to school or nursery and throughout the day during school/ pre-school hours

DETECTING MELANOMA

- Melanoma is the most deadly form of skin cancer
- Melanoma most commonly appear as a new spot or mole, or and existing spot or mole that changes in colour, size or shape
- Left untreated, it can spread to form new cancers around the body
- Melanoma can appear anywhere on the body, not just areas exposed to UV - on the soles of the feet, under nails or in the eye for example.

The 'ABCDE OF MELANOMA' is a common screening tool used to compare the characteristics of normal moles versus melanoma. These descriptions describe examples of melanoma and should help you recognise what is not normal. However, not all melanoma look the same and some may be very small, so it is important to see your doctor if you notice any new, unusual marks or changes that have lasted more than a few weeks. It is also important to check your skin regularly (the experts suggest once per month), especially if you are at higher risk of developing skin cancer.

CONSULT YOUR GP IMMEDIATLY IF YOU DEVELOP ANY OF THESE SIGNS

- If a mole changes shape, particularly getting an irregular outline
- If a mole changes colour/gets darker, patchy or multi-shaded
- If a mole is getting bigger or a new spot, mark or mole is growing quickly
- If it starts to itch, get painful, starts bleeding, gets crusty or inflamed
- Any skin, nail or mucosal (lips and genitalia) lesion that looks or is behaving differently to the rest of your moles/ skin lesions

CHECKING YOUR SKIN

THE SOONER A SKIN CANCER IS IDENTIFIED AND TREATED, THE BETTER YOUR CHANCE OF AVOIDING SURGERY OR, IN THE CASE OF A SERIOUS MELANOMA OR OTHER SKIN CANCER, POTENTIAL DISFIGUREMENT OR EVEN DEATH

WARNING

IT IS IMPORTANT TO
REGULARLY CHECK
YOUR SKIN FOR SIGNS OF
CHANGE TO DETECT
CANCER EARLY. IT
COULD SAVE YOUR LIFE



- Skin cancers seldom hurt and are much more frequently seen than felt
- Get to know your skin and what is normal for you so that you can easily identify any changes
- Undress completely, make sure you have good light, use a mirror and/or get someone to help you to check hard to see spots
- Make sure you check your entire body - for example soles of the feet, between fingers and toes and under nails

THE ABCDE OF MELANOMA RULE:

A - ASYMMETRY: When one half of the mole doesn't match the other

B - BORDER: When the borders are irregular, ragged or blurred

C - COLOUR: When the colour changes or varies throughout and/or there appears to be no uniform pigmentation

D - DIAMETER: When the diameter is greater than 6mm (could be smaller)

E - EVOLVING: Changes in the mole over variable time: weeks/ months/ years



NODULAR MELANOMA AND THE EFG RULE:

- Nodular Melanoma look different to other melanoma
- Grow quickly, are raised, more even in shape & colour
- Many are red or pink, some are brown or black
- They are firm to touch and dome shaped
- Nodular detection is vital to improve prognosis

E - ELEVATED

F - FIRM TO TOUCH

G - GROWING

SKIN CANCER - WHAT TO LOOK FOR?

Skin cancer can be divided into two main groups; Non-Melanoma Skin Cancer (NMSC) & Malignant Melanoma (MM). It is also important to look out for pre-cancerous skin lesions which are a warning sign that you are prone to skin cancer. There are 2 main types of pre-cancerous skin lesions:

Actinic (or Solar) Keratosis and Intra-Epidermal Carcinoma (Bowen's Disease).

Remember the earlier skin cancer is identified, the easier it is to treat, so if in doubt - get it checked out!

BASAL CELL CARCINOMA (NON-MELANOMA SKIN CANCER)

- The most common type of non-melanoma skin cancer
- The majority occur on sun exposed areas i.e. the face, neck and ears
- Slow growing and rarely spread anywhere else on the body
- Can appear in different shapes and sizes
- Look out for pearly, shiny lumps, skin ulcer or patch of dry skin that won't heal. In extreme cases, large or neglected BCC's can cause extensive local invasion

ACTINIC (OR SOLAR) KERATOSIS

- Pre-cancerous skin lesions that are slow growing with the potential to develop into cancer
- Commonly found on the head, neck, back of hands & forearms
- Usually appear as small brown, pink or whitish, scaly, red, single or multiple rough spots, smaller than 1cm in diameter
- They can feel rough and cause soreness, irritation, discomfort or pain, or may just pose a cosmetic nuisance

SQUAMOUS CELL CARCINOMA (NON-MELANOMA SKIN CANCER)

- Typically present on the face, ears, lips, mouth and hands and grows at variable rates with varied appearances
- Usually presents a scaly lump, nodule, ulcer or non-healing sore
- Often start as small, hard, white, or skin coloured lumps
- Rarely spreads, but if left untreated will increase in size
- Could spread to local lymph nodes or around the body
- In extreme cases can be life threatening

INTRA-EPIDERMAL CARCINOMA (BOWEN'S DISEASE)

- Pre-cancerous skin lesions that are slow growing
- Most commonly found on the head, neck and lower limbs
- Presents as an asymptomatic sharply demarcated, scaly, red, pink or salmon coloured patch or plaque
- The border may be irregular
- May be flat, scaly, crusty, eroded, ulcerated, velvety or warty
- Due to the asymptomatic nature lesions may become very large

WHO IS MOST AT RISK OF SKIN CANCER?

WARNING - NO MATTER HOW EASILY WE TAN, WE ARE ALL AT RISK! HOWEVER, THOSE AT GREATER RISK TYPICALLY FALL INTO ONE OR MORE OF THE FOLLOWING CATEGORIES:

- 1) FAIR OR RED HAIR
- 2) FAIR SKIN THAT BURNS MORE EASILY
- 3) LOTS OF MOLES AND/OR FRECKLES
- 4) A FAMILY HISTORY OF SKIN CANCER/ MELANOMA
- 5) A HISTORY OF SUNBURN
- 6) A HISTORY OF TANNING AND/OR SUNBED USE

PLEASE DONATE

Have you found this booklet a useful source of information?

Would you like to support Skcin in their mission to prevent over 86% of all skin cancer cases and raise awareness of early detection to save lives?

As a charity who relies solely on donations, fundraising and corporate support, every penny counts. Your donations are hugely appreciated and help Skcin develop, produce, print and distribute, life-saving information on the prevention and early detection of skin cancer and continue their pioneering work in educational intervention across the UK. Together we can build a sun safe, skin cancer free future, for our future generation and those to come.

Together, we can make a difference and save lives.

WAYS TO DONATE TO SKCIN:

- SET UP A FUNDRAISING PAGE AND/OR DONATE ANY AMOUNT SECURELY, ONLINE AT:
WWW.JUSTGIVING.COM/SKCIN
- SEND A CHEQUE MADE PAYABLE TO 'SKCIN' TO: SKCIN, 1A MABEL GROVE, WEST
BRIDGEFORD, NOTTINGHAM, NG2 5GT
- VISIT: WWW.SKCIN.ORG FOR FURTHER INFORMATION. THANK YOU