

Tips to Protect your Skin from UV Damage

Causes of Skin Cancer:

- Having lots of Moles.
- Getting Sunburnt.
- Overexposure to UV light.
- Family History of Skin Cancer.
- Using Sunbeds.
- Sun exposure.
- Rare birthmarks.
- Where you were born.

Facts:

Fair skinned people born in a hot country have a higher risk of skin cancer than people who moved to a hot country.

In Ireland, the rate of skin cancer is growing faster than any other kind of cancer.

People who have had sunburn are twice as likely to get melanoma as those who have not.

Using a sunbed even just once increases your risk of melanoma by as much as 20%.

Just one bad sunburn before you're 18 could increase your risk of skin cancer by

50%.

The intensity of the **UV rays** sunbeds give off can be

10 to 15 times higher than that of the midday sun.

Sunbathing and sun burning are two of the biggest causes of melanoma.

Melanoma is the most serious type of skin cancer.

A UV Index reading

11 or higher

puts you in a very dangerous spot for sunburn with damage occurring in less than

10 minutes

if unprotected.

Using a sunbed before the age of 35 increases your risk by almost 60%.

Temperature does not determine whether or not you will get sunburnt, even when it's cold a UV index of 3 or more can result in sunburn.



How to spot / Prevention Tips

- Avoid the sun between 11am and 3pm.
- Use sunscreen that has UVA protection as well as SPF.
- Pay attention to the UV index each day and plan sun exposure accordingly.
- Get to know your body- perform monthly checks all over the skin and take note of changes.
- Look for changes in the size, colour and shape of moles.
- If you notice a change, contact your GP.

How much sunscreen do I need & how often do I need to reapply?

- Apply the cream 20-30 minutes before going out into the sun.
- Apply thickly and evenly every 2 hours no matter how high its protection.
- Apply the equivalent of a shot glass full of sunscreen to each limb and to your body and about half this much to your face.
- Always reapply after swimming or perspiring.

