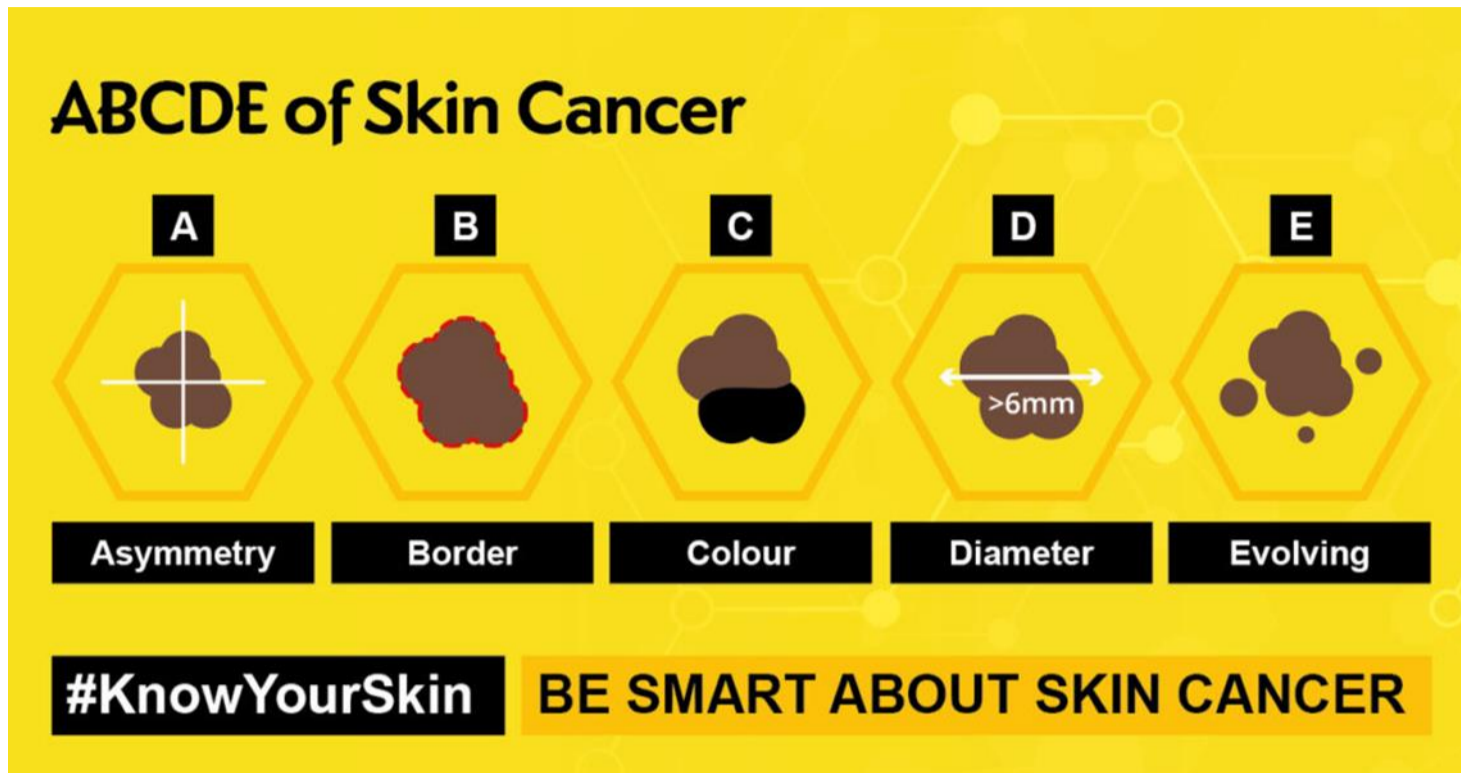


Have you checked your skin?



Patients most at risk of skin cancer:

- Have had a previous non-melanoma skin cancer
- Have a family history of skin cancer
- Have pale skin that burns easily
- Have blonde or red hair
- Are older in age
- Have a large number of moles or freckles
- Take medicine or have a medical condition that suppresses your immune system
- Have been exposed to chemicals such as creosote or arsenic

Skin cancer risk factors

- Have light-colored eyes, blond or red hair and fair or freckled skin.
- Tan or use tanning beds.
- Spend a lot of time working or playing in the sun.
- Have a family history of skin cancer.
- Have many moles or irregular-shaped moles.
- Get easily sunburned or have a history of sunburns.

Cleveland Clinic



How do I prevent skin cancer?

- Apply SPF 30+ (6-8 teaspoons of lotion for an average adults) to any exposed area 20-30 mins prior to sunlight
- Re-apply every 2 hours especially after swimming, sweating etc
- Apply sunscreen to easily missed places i.e. ears, back of neck, scalp, lips
- Avoid Sunbeds
- Avoid direct exposure between 11am-3pm when the sun is at its peak
- Cover up with hat, sunglasses, wear light clothing and stay in shade where possible
- Get to know your skin and check it regularly (monthly at least)
- See your GP if any changes occur

#KnowYourSkin

BE SMART ABOUT SKIN CANCER

86% of melanoma skin cancer cases are preventable