RISING INCIDENCE OF MELANOMA

Melanoma Skin Cancer

HOLIDAYING AT HOME OR ABROAD?
Occasional, intense sun exposure and sunburn increases melanoma risk.

386 people were diagnosed with melanoma in 1994

1041 people were diagnosed with melanoma in 2014

The effects of sunlight are not the same for everyone:
KNOW YOUR SKIN TYPE

A person’s natural skin colour influences their risk of skin cancer and can be classified on a scale - the Fitzpatrick skin classification scale, which ranges from 1 (high risk) to 6 (low risk). It considers skin colour (i.e. pale white to black), and how the skin reacts to sunlight (i.e. whether it burns easily, or tans).

Most people living in Ireland have fair skin (skin type 1 or 2) which burns easily and tans poorly, so are particularly vulnerable to sun damage and skin cancer.

Reduce your risk
You can reduce your risk of melanoma by avoiding overexposure to ultraviolet (UV) radiation from sunlight or artificial sources (e.g. sunbeds). If you are concerned about a change or growth on your skin, you should always see your doctor. Fortunately, melanoma can be completely cured if it is identified and removed early.

PROTECT YOUR SKIN:
Make sun protection part of your daily routine.

Slip on a t-shirt with a collar.
Slop on broad spectrum (UVA/UVB) sunscreen with a sun protection factor (SPF) of at least 30+, with high UVA protection, and water resistant if you intend to swim.
Slap on a hat with a wide brim.
Slide on sunglasses with UV protection.
Seek shade – particularly between 11am -3pm, when UV rays are strongest.

PROTECT & INSPECT YOUR SKIN

Remember the five ‘Ss’ of sun safety

NO SUNBATHING AND NO SUNBURNING.

More information at
www.irishskin.ie and www.ncri.ie

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