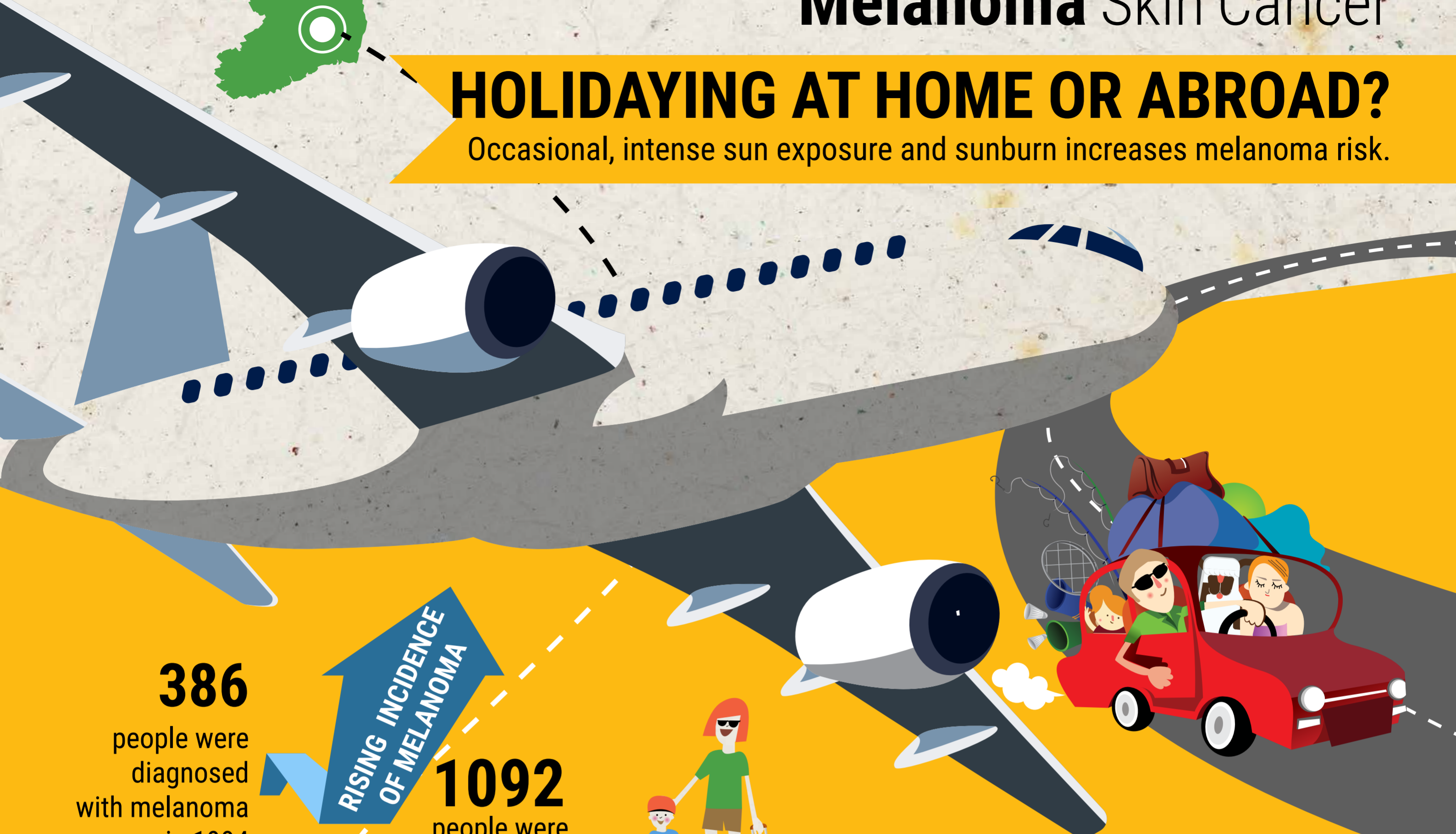
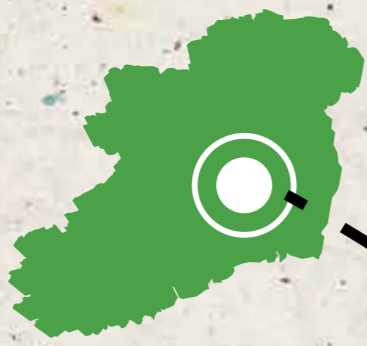


Melanoma Skin Cancer

HOLIDAYING AT HOME OR ABROAD?

Occasional, intense sun exposure and sunburn increases melanoma risk.



386

people were diagnosed with melanoma in 1994

RISING INCIDENCE OF MELANOMA

1092

people were diagnosed with melanoma in 2016



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 & INSPECT YOUR SKIN

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

Watch the UV index:

When the UV index is 3 or above, you need to protect your skin. Stay safe by limiting time in the midday sun when UV is strongest, typically between the hours of 11:00am-3:00pm.

Remember the five 'Ss' of sun safety



Slip on clothing: Cover skin as much as possible e.g. wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.



Slap on broad-spectrum (UVA/UVB) sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly.



Slap on a hat with a wide brim: Protect your face, ears and neck.

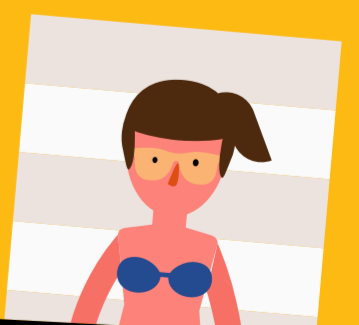


Seek shade: Sit in cover of trees to avoid direct sunlight and use a sunshade on your buggy or pram. Keep babies and children out of direct sunlight.



Slide on sunglasses with UV protection: Guard your eyes from harm.

Remember:
NO SUNBATHING AND NO SUNBURNING.



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

Published by the Irish Skin Foundation in association with the National Cancer Registry Ireland and the National Cancer Control Programme.

First published April 2017; reviewed May 2019 © Copyright Irish Skin Foundation 2019. All rights reserved.

