

**More than 15,900 new cases of skin cancer are diagnosed in the UK every year.**

If caught early skin cancer is highly treatable. One way you can stay vigilant is by regularly checking your moles using the **ABCDE** method.

**A**

**ASYMMETRY**

Does the mole look uneven or misshapen?

**B**

**BORDER**

Is the edge of the mole blurred?

**C**

**COLOUR**

Is it a mix of shades, has it darkened since the last time you checked?

**D**

**DIAMETER**

Is it bigger than 6mm?

**E**

**ENLARGEMENT**

Has it changed in shape or become raised above the skin's surface?

**If you notice anything unusual please book an appointment with your GP.**



**MYTHBUSTER!**

**"I don't need sun screen in the U.K."**

**FALSE!** No matter where you are, if you're exposed to the sunlight, SPF is a must! Your skin is still at risk whether you feel the heat or not.

**MYTHBUSTER!**

**"If I don't burn, my skin will be fine."**

**FALSE!** Your skin does not have to burn to develop cancerous cells. It may be overcast but you still need your SPF!

**MYTHBUSTER!**

**"I don't need to worry until I'm older."**

**FALSE!** Our skin is extra sensitive when we are younger. Infants under six months old should be kept out of the sunlight and using a tanning bed before the age of 35 can increase the risk of melanoma by 75%!



**NORTH WEST  
CANCER RESEARCH**

**SUN  
SAFETY  
GUIDE**

**Prevent skin cancer  
and stay protected in  
the sun this summer**



## WHAT IS SKIN CANCER?

Skin cancer is the uncontrolled growth of abnormal skin cells, which occurs when DNA damage triggers mutations or genetic defects in the skin cells.

These defects then cause the skin cells to multiply and form tumours.

It's important to protect your skin and help prevent skin cancer.

Stay safe and remember to:

- ☀ Stay covered with a hat, t-shirt and sunglasses
- ☀ Keep topping up that sun screen!  
Wait 20 minutes after applying before you head into the sun and aim to top up every 2 hours
- ☀ Keep the kids covered, especially if they're playing in the pool
- ☀ Spend time in the shade between 11am - 3pm
- ☀ Regularly check your moles for any changes



## WHAT CAUSES SKIN CANCER?

Skin cancer is caused by exposure to harmful UVA & UVB rays, which damage the DNA in skin cells.

Artificial sources of UV light, such as sunbeds, can also increase your risk of skin cancer. Whether it's a sunbed or the real thing, the more damage that occurs over time, the more likely skin cancer is to develop.



## WHO'S IN DANGER?

Skin cancer can affect anyone and we should all be taking precautions to protect our skin. However, certain characteristics can increase your chances of developing skin cancer:

- ☀ Lots of moles or freckles
- ☀ Fair skin that burns easily
- ☀ Red or fair hair
- ☀ Family history of skin cancer

## NORTH WEST CANCER RESEARCH

We are the leading cancer charity in the North West and North Wales, with over 70 years' experience in fighting the toughest cancers.

As a charity we have funded over £40 million worth of research since 2000, and have supported hundreds of local clinicians, doctors and students in their research. At present we are funding over 50 research projects across the region.

Our promise is simple. We only support the best local medical research, to stop cancer sooner.



We are proud to be supported by SunSense.

SunSense sunscreens provide the highest SPF available, offering both UVA & UVB protection.

## GET CONNECTED



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