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or itchy

for people with darker skin, it may be irritated, tender hands or soles of the feet. Sunburn can feel different it might affect different places like the palms of the People with darker skin tones can get skin cancer too –

freckles, or skin that burns easily are also at higher risk.

hair, you're at higher risk. People with lots of moles or if you have light skin, light coloured eyes, light or red

Does skin tone affect my risk?

E. Evolving – Anything that changes over time

shape

D. Diameter – Might be the width of a pencil (6mm or more) and could be getting bigger or changing

or be different from other moles

C. C: Colour – May be uneven with different colours, or be different from other moles

don't look the same

A. Asymmetry – The two halves of your mole

'ABCDE' helps us remember mole changes to look out for.

Spot skin cancer early

right, don't ignore it.

Remember: when it comes to your health – you're in charge!

any of these:

been there for a while, tell your doctor if you notice Whether it's a mark or mole that's new, has changed or

- Any other changes that aren't normal for you

- A mole or growth that bleeds, oozes, crusts or scabs

- A spot, mole or sore that itches or hurts

- A new growth or sore that won't heal

- A change in a patch of skin or a nail

Protection against Skin Cancer (part 2)

Information used in this booklet was provided by Healthworks Cancer champions, Cancer Research UK and Melanoma UK.

For more information visit:

www.healthworksnewcastle.org.uk

www.cruk.org/sun

www.melanomauk.org.uk



Healthworks
the community health charity

86% of melanoma skin cancer cases could be prevented in the UK

People who first use a tanning bed before the age of 35 increase their risk for melanoma by **75%**

To help prevent skin cancer:

- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher daily
- Seek the shade, especially between 11AM and 3PM
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses



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Melanoma check for the signs

Because melanoma is particularly serious, you should be familiar with the signs to look for. **The ABCDE of melanoma can help you to detect it early.**

A

Is the spot asymmetric?



Benign



Malignant

B

Does it have uneven borders?



Benign



Malignant

C

Does it contain different colours?



Benign



Malignant

D

Is it larger than 6mm in diameter?



Benign



Malignant

E

Is there an evolution in growth?



Benign



Malignant

EVOLUTION is the most important of the ABCDE warning signs.

A spot that has changed in size, shape, colour, elevation or another trait (such as itching, soreness, bleeding or crusting).

Melanoma UK encourages everyone to get regular skin checks with a healthcare professional. If you notice new or changing spots Melanoma UK advises you to seek immediate medical advice.



MELANOMA UK
Fighting Melanoma Together

Find out more: www.melanomauk.org.uk
Melanoma UK: 0800 171 2455

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On the parts you cannot cover, use sunscreen with at least SPF 15 and 4 or more stars. Remember to reapply often to get the level of protection on the label. Sunscreen doesn't give 100% protection, so it doesn't mean you're safe to stay out in the sun longer.

your neck. Sunglasses also help in the sun

skin, and a hat that covers your face and the back of the cool shade. Wearing a t-shirt helps to protect your

3. Use shade, clothing and sunscreen.

UV Index	UV Index
1	You Can Safely stay outside
2	
3	Risk of sunburn. Sun protection is needed. Take care around the middle of the day(11am – 3pm in the UK)
4	
5	
6	High risk of sunburn. Sun protection is important for all skin tones.
7	
8	
9	
10	
11+	

enough to burn

Four ways to cut your skin cancer risk

1. Know your skin.

tender and itchy.

2. Check the UV index before leaving the house

will take to damage the skin.

Learn about UV Levels:

www.metoffice.gov.uk/weather/learn-about/weather/types-of-weather/temperature/uv-levels

Protection against skin cancer

enough to burn

of skin cancer. Even in the UK the sun can be strong radiation from the sun or sunbeds are the main cause and how to protect your skin. Too much ultraviolet (UV) It's important to enjoy the sun safely and know when

Protection against Skin Cancer (part 1)

Information used in this booklet was provided by Healthworks Cancer champions and also taken from Cancer Research UK

For more information visit:

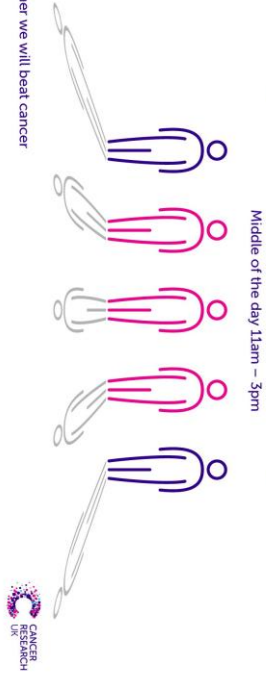
www.healthworksnewcastle.org.uk
www.cr.uk.org/sun



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4. Try the shadow rule
The suns UV rays are strongest when your shadow is shorter than you. So that's when you're more likely to burn. In the UK the sun's UV rays are strongest between 11am and 3pm from early April to late September

The sun's UV rays are **strongest** when your shadow is **shorter** than you.



Together we will beat cancer

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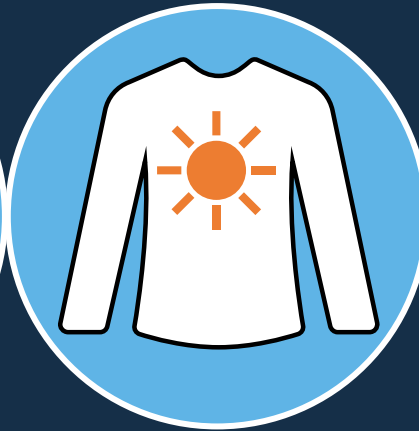
SUN SAFETY: SUMMER SKIN PROTECTION



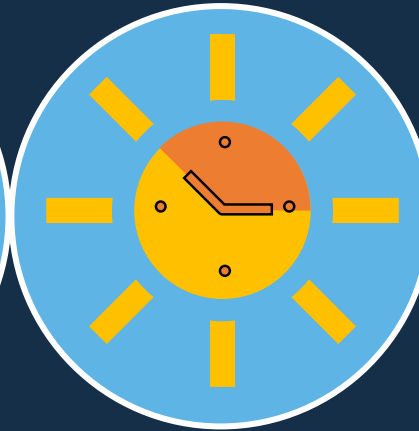
WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11AM & 3PM



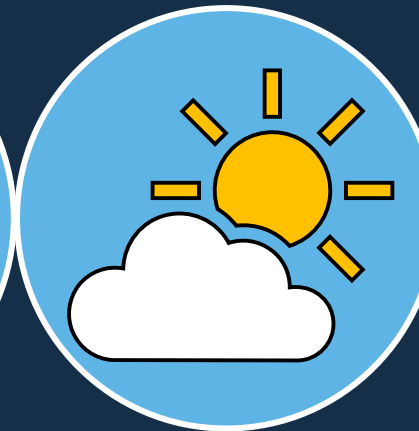
USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT