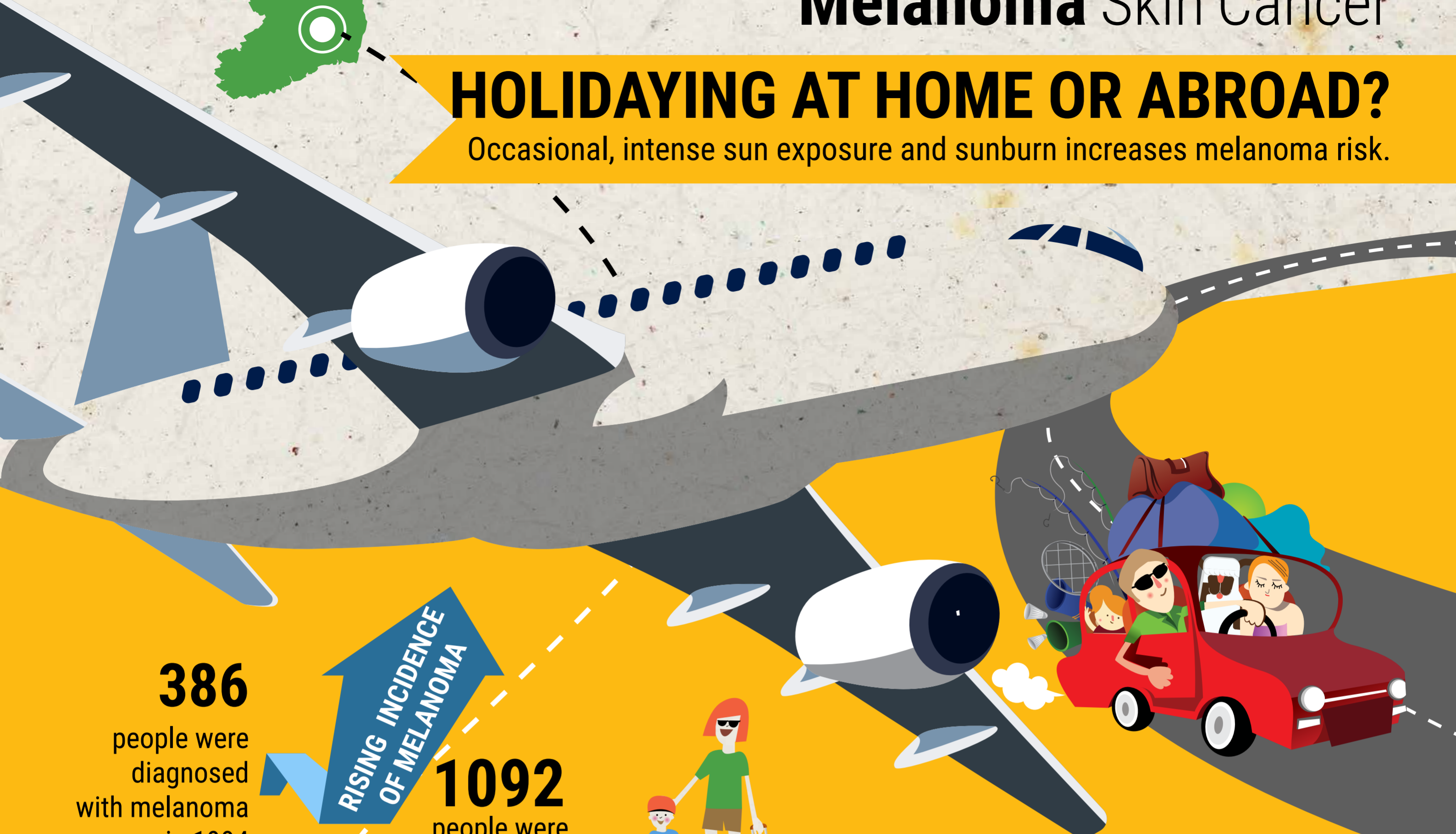
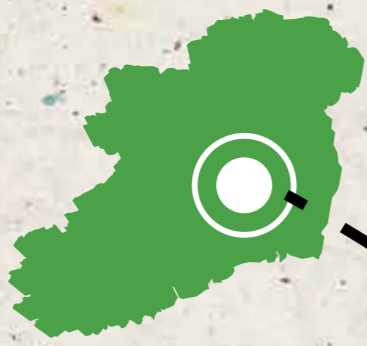


# Melanoma Skin Cancer

## 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.



**Slop** 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.

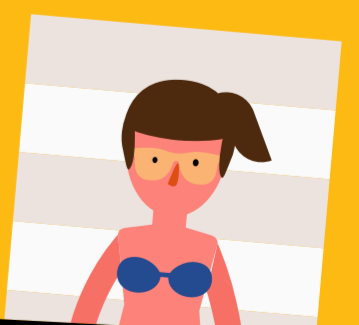


**Seek** shade: Sit in cover of trees to avoid direct sunlight and use a sunshade on your buggy or pram. Keep babies and children out of direct sunlight.



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

Remember:  
**NO SUNBATHING  
AND NO SUNBURNING.**



More information at  
[www.irishskin.ie](http://www.irishskin.ie) and [www.ncri.ie](http://www.ncri.ie)

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