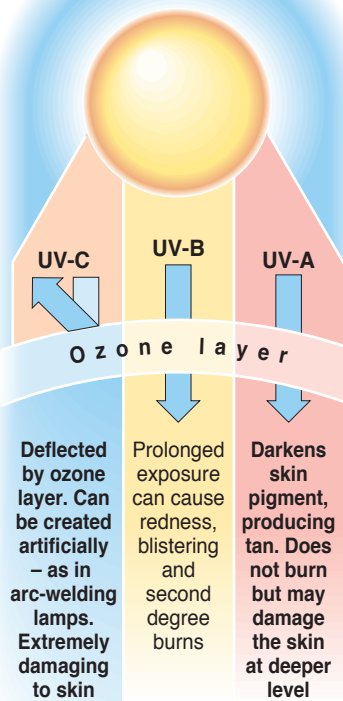


Sunbathing: how big is the risk?

Most people enjoy spending time in the sun but prolonged exposure to UV radiation is thought to be associated with increasing cases of skin cancer. Avoiding direct sunlight when it is at its strongest and wearing a high factor sun cream can help offset damaging effects

What is UV radiation?



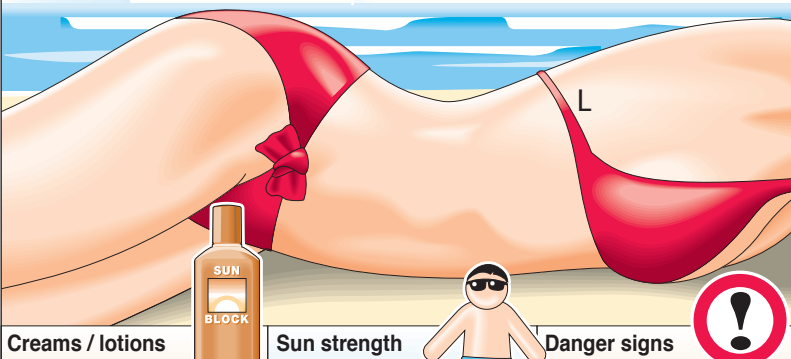
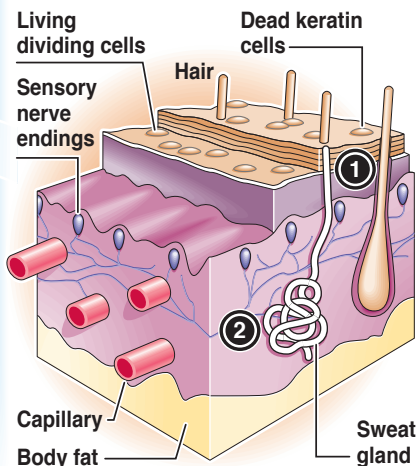
Structure of the skin

1: Epidermis

Contains *basal* and *squamous* cells which are pushed up to the surface. Skin cells within this layer produce melanin pigment

2: Dermis

Provides replacement cells to epidermis. Covers the bones and muscles. Contains hair roots, sweat and oil glands, lymphatic vessels and nerves

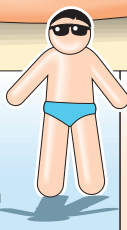


Creams / lotions

Sun protection creams help as they contain radiation absorbing chemicals. Apply at regular intervals and after swimming. Use a cream that filters both UV-B and UV-A radiation

Sun strength

The sun is at its strongest between 11am and 3pm. When your shadow is shorter than your height you are more likely to burn



Danger signs

Warning signs of skin cancer are: An existing mole getting larger or a new one growing; mixture of black / brown shades to mole, irregular outline, crusting, itching, bleeding

