

SUN SMART

SLIP :

Slip on a shirt - shirts can help protect your skin from the sun's harsh rays. Shirts can help prevent sunburns and different types of skin cancer. Darker colours absorb rays, for example: wearing a bright orange shirt is more protective than a pale one.

Slop

Slop on some sunscreen - sunscreen works as a protective shield for your skin, it forms a protective layer over your skin protecting it from the sun's UVB (ultra violet B) rays which can cause different types of deadly skin cancers. 30+ spf sunscreen is recommended

Slap :

Slap on a hat - hats can reduce the amount of sun rays that come in contact with your eyes and face. Bucket hats and broad-brim ones are recommended.

Seek

Seek shade - shade isn't only a break from the sun but also provides cover protecting us from the sun's UVB rays. Although this isn't the best thing to protect us, it still helps

Slide:

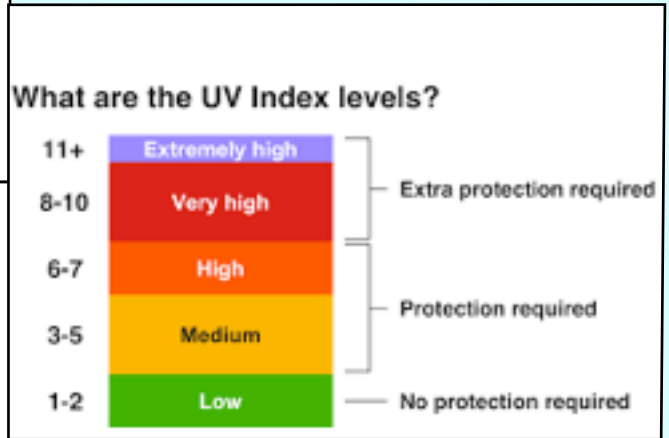
Slide on some sunglasses - sunglasses help protect our eyes by blocking out UV rays preventing us from developing a cataract (short term exposure) or damaging the surface of our eyes (long term exposure)

RISK FACTORS

<p>Working outside - Working outside for long periods at a time without the right protection means more exposure to the sun which can lead to things such as skin cancer</p>	<p>Genetics - Some genetics increase your chance of getting skin cancer. For example having fair skin means you have less melanin which works as a protective pigment</p>	<p>Artificial UV - Using artificial UV devices like solariums increase the chance of you getting skin cancer. The UV is 6 times stronger than the midday sun. Other than skin cancer it has other effects like swelling and eye damage.</p>
<p>Number of moles - Normally skin cancer forms from moles, this means the more moles you have the higher chance you have of getting skin cancer. It's a good idea to check for moles and see a doctor if something changes</p>	<p>Having a family history of skin cancer - Your DNA can change the possibility of you getting skin cancer, if your family has a history of getting it that could increase the risk of you getting it as well. For example your skin type or colour can change the risk</p>	<p>Not wearing sunscreen - Not wearing sunscreen or the recommended one (30+spf) put you at a higher risk because it wouldn't work as a protective shield over your skin</p>

UV

<p>Uv stands for ultra violet (radiation). Uv is a type of energy produced but the sun and artificial sources such as solariums. However too much uv exposure can damage different parts of the body, you can develop cataracts, sunburns, skin cancer and much more.</p> <p>Uv is also the main reason of skin cancer</p>	<p>There are 3 types of uv</p> <p>Uva - the least dangerous</p> <p>UVB - slightly more intense</p> <p>uvc - the most dangerous although it doesn't reach the skin's surface</p>
	<p>Uv scale :</p> <p>0 - 2 : low</p> <p>3 - 5 : moderate</p> <p>6 - 7 : high</p> <p>8 - 10 : very high</p> <p>11+ : extreme</p>



SKIN CANCER

<p>There are 3 types of skin cancers</p> <ol style="list-style-type: none"> 1. Basal cell (least dangerous and most common) 2. squamous cell 3. Melanoma (most dangerous and least common) 	<p>Basal cells: These are the least dangerous out of the 3 types of skin cancer. They barely spread but instead slowly ruin the surrounding tissue. These can heal by themselves but will inevitably recur</p>	<p>Squamous cells : Squamous cells appear as thin, flat cells that look like fish scales. They rarely spread to other parts of the body and are often diagnosed before the cancer progresses beyond the top layer of skin</p>	<p>Melanoma : Melanoma occurs when pigment producing cells become cancerous. Symptoms normally include changes to an existing mole. The colours are normally uneven with different shades of certain colours and the size normally increases</p>
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Basal cell, squamous cell and melanoma (in order)

FACTS

2 in 3 Australians will be diagnosed with skin cancer by age 70	1 in 21 women will be diagnosed with skin cancer In australia
12,500 + cases of melanoma are diagnosed in Australia each year	Just 10 minutes in the sun can cause sunburns and skin damage
1 in 13 men will be diagnosed with melanoma in Australia	Australia has one of the highest uv levels in the world