

BE SUNSMART

Year round UV sun exposure increases South Africans' risk for **Skin cancer**

At least **80%** of sun-induced skin damage occurs before the age of 18

ALL SKIN TYPES SHOULD



Avoid direct sunlight between 10am & 4pm. Stay in the shade or under a UV protective umbrella as much as possible



Always apply sunscreen regularly (SPF of 20 - 50) according to skin type



Wear protective clothing; wide brimmed hats & UV protective clothes/swimsuits



Avoid sunbeds & sunlamps

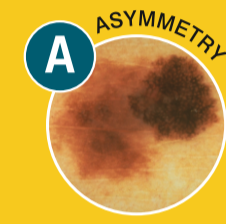


Wear sunglasses with a UV protection rating of UV400



Spot the spot - check your skin carefully every month (follow A, B, C, D, E Rules*)

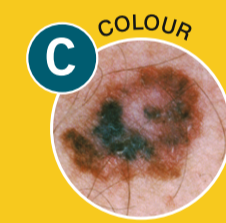
WARNING SIGNS FOR SKIN CANCER (ABCDE)*



ASYMMETRY
- a mark with one half unlike the other (not symmetrical). Common moles are round and symmetrical



BORDER IRREGULARITIES
- scalloped/ poorly defined edges. Common moles are smooth and have even borders



COLOUR CHANGES
- tan, black, brown, red, white, blue. Common moles are usually a single shade of brown or black









DIAMETER
- larger than 6mm



EVOLVE
- grows bigger and becomes more prominent

LOWER YOUR SKIN CANCER RISK

Skin type	Reaction to the sun		What you need to know
	Sunburn	Tan	
Type ONE • Red or blonde hair (tends to have freckles) • Blue or green eyes	 Easily Sensitivity: Extreme	Never	Greatest risk of developing skin cancer so make sure you protect your skin. Check your skin regularly, be aware of any changes and see a doctor if you notice anything. Recommend SPF 50 sunscreen.
Type TWO • Blonde or light brown hair • Blue or brown eyes	 Easily Sensitivity: Very High	Minimally	
Type THREE • Brown hair & eyes	 Sometimes Sensitivity: High	Gradually to light brown	Although skin tans more easily, it's still vulnerable to UV damage that can lead to skin cancer. Remember that a tan is not a healthy glow. Always protect your skin during the hottest part of the day. Recommend SPF 30-40 sunscreen.
Type FOUR • Dark brown hair & eyes	 Minimally Sensitivity: Moderate	Moderately	
Type FIVE • Dark brown hair & eyes	 Rarely Sensitivity: Minimal	Easily	As above. Recommend SPF 20-30 sunscreen.
Type SIX • Black or dark brown hair & eyes	 Seldom Sensitivity: Limited, mainly eyes, palms of hands, soles of feet, earlobes & lips	Deeply pigmented	Your skin offers more protection against harmful UV rays than other skin types. Recommend SPF 20 sunscreen, especially on sensitive areas.



FotoFinder - mole mapping dermoscope device for detecting skin cancer available at some of our CANSA Care Centres countrywide



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MAKE THE CANSA SUNSMART CHOICE

CANSA Seal of Recognition



SunSmart Choice™

WHAT IS THE CSOR?

The CSOR appears on approved sunscreen products

It guarantees that the manufacturers of these UV protective products comply with the strict criteria developed by CANSA to help lower the risk of exposure to cancer causing substances.

WHAT IS SPF?

The Sun Protection Factor (SPF) listed on a container of sunscreen is a measure of how well it protects your skin against UV rays. It indicates how long you could spend in the sun before burning when protected by sunscreen, compared to when you have no sunscreen on

HOW DOES SPF WORK?

If it takes 3-4 minutes for your unprotected skin to start turning red, using a SPF 30 sunscreen theoretically prevents reddening 30 times longer (1½ to 2 hours on average)



WHAT SUNSCREEN & SPF SHOULD I USE?

Use sunscreen with SPF 20-50. Preferably 30-50 for fair to very fair skin. Apply generously every 2-3 hours. Use sunscreen that bears the CANSA Seal of Recognition (CSOR).

SunSmart Choices can help reduce the risk of skin cancer

WHAT UV APPAREL (CLOTHING) & HATS SHOULD BE USED?

The Ultraviolet Protection Factor (UPF) is a scale developed to rate protection provided by fabrics against Solar Ultraviolet Radiation (UVR). UPF is directly comparable to SPF for sunscreens - a garment rated UPF 30 will protect the skin 30 times longer - if it takes 3-4 minutes for your unprotected skin to start turning red, using a UPF 30 garment theoretically prevents reddening 30 times longer (1½ to 2 hours on average). Unless otherwise stated, UPF rating applies to fabric when it is dry and new.



Wear thickly-woven fabric hats with broad brims. Avoid caps and hats that leave the neck and ears exposed.

Look out for the CSOR.

Wear sunglasses with a UV protection rating of UV400.

Look out for the CSOR.



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