

# ARE YOU *Sunsmart?*

**: AUSTRALIA  
: HAS ONE OF  
: THE HIGHEST  
: RATES OF SKIN  
: CANCER IN  
: THE WORLD.**

**AT LEAST 2 IN 3 AUSTRALIANS  
WILL BE DIAGNOSED WITH SKIN  
CANCER BY THE AGE OF 70.**

Most skin cancers are caused by ultraviolet (UV) radiation from the sun – but did you know that skin can burn in as little as 15 minutes in summer? Men have almost double the incidence because they don't protect themselves from the sun.

Construction workers and labourers can be exposed to ten times the recommended UV levels.

The good news is that skin cancer is one of the most preventable forms of cancer in Australia – more than 95 % of skin cancers can be successfully treated if found early.

## **MELANOMA**

Melanoma is the most deadly skin cancer and commonly found on the upper torso.

Be alert to changes on your skin and see your doctor if you find a new spot or lump, an unusual freckle, mole, a sore that does not heal, changes colour or has irregular borders. So, whether you are working, gardening or just hanging out, think before you take your shirt off.



### **SLIP ON PROTECTIVE CLOTHING**

Use clothing to cover as much skin as possible.



### **SLOP ON SPF 30 OR HIGHER SUNSCREEN**

Make sure it's broad spectrum and water resistant.



### **SLAP ON A HAT**

Wear a broad brimmed hat that covers your face, head, neck and ears.



### **SEEK SHADE**

Make use of trees or built shade or bring your own.



### **SLIDE ON SOME SUNGLASSES**

Close-fitting wrap-around styles offer the best protection.

#### **MORE INFORMATION**

[www.sunsmart.com.au](http://www.sunsmart.com.au)

[www.cancer.org.au](http://www.cancer.org.au)

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