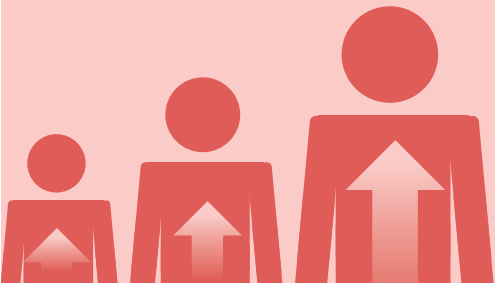


THE MOST COMMONLY DIAGNOSED CANCER IN N.I.



In Northern Ireland over 2,500 people are diagnosed with skin cancer each year. There are different types of skin cancer. The most serious is malignant melanoma, causing 170 deaths each year. Most skin cancers are linked to excessive exposure to sunlight. The sun causes wrinkling, dry skin, blotches and premature ageing. The damage can accumulate and may lead to skin cancer. Skin cancers are increasing especially in young people. Sunburn in childhood is believed to increase the risk of developing skin cancer in later life.

THERE ARE TWO MAIN TYPES OF SKIN CANCER, MELANOMA AND NON-MELANOMA. IN N.I. THE INCIDENCE OF MALIGNANT MELANOMA (A SERIOUS TYPE OF SKIN CANCER) HAS TREBLED IN THE PAST 30 YEARS.

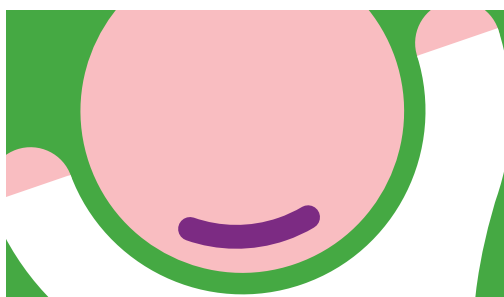


MOST SKIN CANCERS ARE CUREABLE IF DIAGNOSED EARLY.



STAY IN THE SHADE BETWEEN 11AM AND 3PM USE FACTOR 15+ SUNSCREEN.

ALWAYS COVER UP WITH A T-SHIRT, HAT AND SUN GLASSES.



TAKE EXTRA CARE WITH CHILDREN. KIDS COOK QUICK AS THEIR SKIN IS DELICATE.

MAKE SURE YOU NEVER BURN. SUNBURN CAN DOUBLE YOUR RISK OF SKIN CANCER.



SUNBEDS

A tan is a sign that your skin is trying to protect itself from ultraviolet (UV) damage - not a sign of health! Sunbeds give out ultraviolet rays, which are a direct cause of skin cancer. Often sunbeds use a higher strength of UV rays. UV rays also cause early ageing of skin, resulting in wrinkling, sagging and yellowish brown discolouration. Sunbeds can also cause damage to your eyes such as irritation and conjunctivitis.

Finally, if any of your moles change size, shape or colour, or become itchy, sore, weep or bleed, see a doctor, or if you've been in the sun and feel dizzy or exhausted seek medical advice.