

Sun, Skin and Smart Defence

Sunlight is without a doubt your skin's worst enemy, bombarding it on a daily basis with the UVA and UVB rays that cause premature aging and skin cancer. Ensuring you protect your skin against sun exposure is the most important measure you can take to protect your bodies largest organ.

SKIN CANCER NEWS

Statistics show that one in six individuals will develop skin cancer, and 90% of these cancers are the direct result of UV radiation from the sun. In fact, a severe sunburn before the age of eighteen dramatically increases your skin cancer risk, making a comprehensive program of sun protection vitally important for clients of all ages.

In the UK the number of reported cases has more than doubled in the past 20 years and over 2,300 people die from this disease each year with 75,000 new cases per annum. More people die of skin cancer here in the UK than in Australia! In fact the number of cases has tripled since the 80's!.

For more information on skin cancer contact:

- The Skin Cancer Foundation www.skincancer.org
- National Cancer Institute www.cancer.gov

THE A B C D OF MOLES

Once a mole develops, it usually stays the same size, shape and colour for several years. Most people have moles that are almost always harmless. However, it is important to recognize changes in a mole that may suggest melanoma is developing.

The following abcd system can help tell a normal mole from one that could be a melanoma.

- **Asymmetry** Melanoma lesions are typically asymmetrical, whereas benign moles are typically round and symmetrical
- **Border** Melanoma lesions frequently have uneven or irregular borders (i.e., ragged or notched edges), whereas benign moles have smooth, even borders.
- **Colour** Melanoma lesions often contain multiple shades of brown or black, whereas benign moles are usually a single shade of brown.
- **Diameter** Early melanoma lesions are often more than 6 mm in diameter, whereas benign moles are usually less than 6mm in diameter

A recently proposed amendment to this rule includes "E" for elevation or enlargement.

Please note that some melanomas do not conform to the abcd criteria, so a dermatologist should examine any suspicious mole. Also look for new skin growths or sores that won't heal, spots or moles that hurt or itch, moles or growths that bleed, crust or scab.

SMART SUN SENSE

Self-examination of your own skin once a month is the best way to detect the early warning signs. Look for a new growth or any skin change. The best way to prevent skin cancer is to simply stay out of the sun. Most people's skin will burn in 10 minutes if unprotected. UV radiation penetrates through light clothing, windshields, windows, parasols and clouds. Keep an eye on the UV index given during weather reports and stay out of the sun between 11am and 3pm. Always wear a sun hat and use a minimum of factor 15 sunscreen (more when skin is fair/freckly). When playing sports outside ensure you wear a waterproof sunblock and reapply every 1-2 hours (more frequently when in water). Protect head, neck, shoulders and chest. Infants should be kept out of the sun and young children must be protected with high sun protection, clothing and cream. The elderly need to be protected from the sun, keep them in the shade. The elderly and children alike are unable to cope with heat stress, check on them frequently. Keep cool and well hydrated to prevent heat exhaustion.

The following people should take extra care:-

- Fair skinned people with red or white hair and blue eyes
- Those people with albinism, previous skin cancer, lots of moles should stay out of the sun altogether
- People on medications such as tetracycline, diuretics, radiation or chemotherapy
- Certain types of contraceptive pill or pregnancy affects sun sensitivity and ability to tan
- Whilst skin conditions such as psoriasis and eczema benefit from sun exposure great caution must be exercised. The same is the case with vitiligo
- Elderly and children

Heat exhaustion is the precursor to heat stroke (which can be fatal) and is the result of getting too hot (hyperthermia = too much heat) and is characterized by

- Headache, dizziness, nausea
- Cramps in limbs/abdomen
- Profuse sweating with pale, clammy skin
- Rapid, weak breathing and pulse

First Aid for Heat Exhaustion

- ✓ Cool them down.
- ✓ Place them in the shade, apply lukewarm (not cold) water.
- ✓ Drink dehydration solution.
- ✓ Rest until fully recovered.
- ✓ Monitor, look for signs of deterioration

Heat Stroke Signs and Symptoms

- Headache, dizziness, confusion, restlessness
- Hot, flushed, dry skin (unable to sweat)
- Full, bounding pulse
- Body temperature above 40°C
- Rapid deterioration in level of response

First Aid for Heat Stroke

- ✓ Place patient in cool environment
- ✓ Wrap in cool (not cold or they may go into shock) wet sheet
- ✓ Keep them well ventilated
- ✓ Monitor breathing and heart rate

- ✓ Remove wet sheet when body temperature drops to 38°
- ✓ If in doubt call for medical assistance

DERMALOGICA SOLAR DEFENCE

The Dermalogica Solar Defense System is comprised of formulations that provide an invisible shield against UVA and UVB rays while working with each skin condition to improve its overall appearance and health. We offer a choice of two sunscreen technologies: chemical-based formulations that protect against UVA and UVB rays by absorbing them, and a physical sunscreen that actually reflects damaging rays.

Remember the Sun Smart Code (www.cancerresearchuk.org)

Spend time in the shade between 11 and 3

Make sure you never burn

Aim to cover up with a t-shirt

Remember to take care with children

Then use factor 15+ sunscreen

For suppliers of sun protective clothing try searching Google.

This information is provided by The UK Fitness Academy Ltd 01252 621280 and The Skin Care Studio, Farnham, Surrey Tel: 01252 711785