

# Melanoma Skin Cancer

## HOLIDAYING AT HOME OR ABROAD?

Occasional, intense sun exposure and sunburn increases melanoma risk.



**386**  
people were  
diagnosed  
with melanoma  
in 1994

**RISING INCIDENCE  
OF MELANOMA**

**1041**  
people were  
diagnosed with  
melanoma in 2014



### The effects of sunlight are not the same for everyone: **KNOW YOUR SKIN TYPE**

A person's natural skin colour influences their risk of skin cancer and can be classified on a scale - the Fitzpatrick skin classification scale, which ranges from 1 (high risk) to 6 (low risk). It considers skin colour (i.e. pale white to black), and how the skin reacts to sunlight (i.e. whether it burns easily, or tans).



Most people living in Ireland have fair skin (skin type 1 or 2) which burns easily and tans poorly, so are particularly vulnerable to sun damage and skin cancer.

### Reduce your risk

You can reduce your risk of melanoma by avoiding overexposure to ultraviolet (UV) radiation from sunlight or artificial sources (e.g. sunbeds). If you are concerned about a change or growth on your skin, you should always see your doctor. Fortunately, melanoma can be completely cured if it is identified and removed early.



### PROTECT YOUR SKIN:

Make sun protection part of your daily routine.

Remember the five 'Ss' of sun safety

- Slip** on a t-shirt with a collar.
- Slop** on broad spectrum (UVA/UVB) sunscreen with a sun protection factor (SPF) of at least 30+, with high UVA protection, and water resistant if you intend to swim.
- Slap** on a hat with a wide brim.
- Slide** on sunglasses with UV protection.
- Seek** shade – particularly between 11am -3pm, when UV rays are strongest.

Remember:  
**NO SUNBATHING  
AND NO SUNBURNING.**



More information at  
[www.irishskin.ie](http://www.irishskin.ie) and [www.ncri.ie](http://www.ncri.ie)

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