

Sun Protection



WYCOMBE
ABBAY

Many of us enjoy spending time outside during the summer so it is important to start thinking about sun exposure. Striking that perfect balance of protecting yourself from the sun and getting enough Vitamin D from sunlight is key.

It is crucial to protect our skin to avoid skin cancer. Currently, skin cancer is the most common form of cancer in the UK with 100,000 new cases diagnosed each year. Experiencing severe sunburn, particularly as children, increases the risk of developing skin cancer in later life, so it is important to protect your family from the sun.

Early detection of most skin cancers is curable. It is recommended to check your skin every month by looking for moles or marks that are new or are changing. Tell your doctor about any changes and if in doubt check it out!

Here are some tips to stay safe.

- Spend time in the shade when the sun is strongest. In the UK, this is between 11:00am and 3:00pm from March to October.
- Always apply sunscreen generously. As a minimum, SPF 30 should be applied to all areas paying particular attention to those that are exposed to the sun. Sunscreen should be applied 20 minutes before going outside and reapplied as per manufacturer's instructions. A water-resistant sunscreen is also a good idea, even if you are not swimming, as it protects you better if you sweat. Please be aware that when using a towel or lying back on a fabric sunbed can rub the sunscreen off, so reapplication would always be recommended.
- Choosing appropriate clothing and sunglasses that provide sun protection is important. We suggest a wide brimmed hat that shades the face neck and ears and select clothes with close weave fabrics that do not allow sunlight through. The NHS recommends that when selecting sunglasses, look for the CE and British Standard Mark 12312-1:2013 E to allow for maximum protection.

Spending time outside is truly one of the joys of the season, and we hope these sensible tips can help you make the most of this wonderful time of the year!