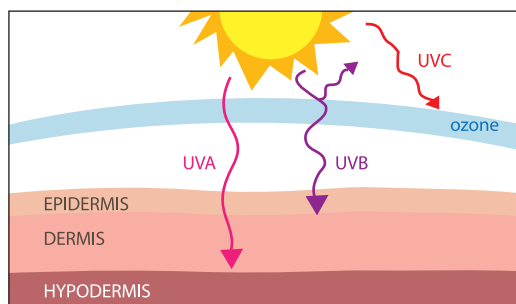


## Skin Cancer is on the rise

- Skin Cancer is the most common cancer in Australia.
- Every 90 seconds an Australian is diagnosed with Skin Cancer.
- 2 out of 3 Australians will be diagnosed with Skin Cancer by the time they are 70 years old<sup>[1]</sup>.
- Sunburn causes 95% of Melanomas<sup>[1]</sup>.
- Skin Cancer is largely preventable by minimising UV (ultraviolet) exposure<sup>[2]</sup>.
- Childhood sun exposure contributes significantly to your lifetime risk of Skin Cancer<sup>[1]</sup>.
- Skin Cancer has a long latency period<sup>[3]</sup> and overexposure to UV radiation during childhood and adolescence increases the risk of developing Skin Cancer at a later stage<sup>[4]</sup>.

## The hidden dangers of UV exposure

- Australia experiences some of the highest levels of UV radiation in the world.
- UV radiation can neither be seen or felt.
- People mistakenly believe that UV radiation is not as strong on cooler or overcast days.
- The sun emits UVA, UVB & UVC radiation. All UVC and some UVB radiation is blocked by the ozone layer.
- UVA radiation can age us and is the cause of long term skin damage; whereas UVB radiation causes sunburn and is the most common cause of most Skin Cancer.
- UV exposure during the first 18 years of a person's life is a critical risk factor for Skin Cancer and premature aging<sup>[5]</sup>.



## What is the UV Index ?

- The UV Index (UVI) states the intensity of UV for a particular time at a specific location.
- Over 60% of Australia has an average annual UVI of Very High (UV 8-11).
- The UVI is forecast and reported in Australia by the Bureau of Meteorology.
- When the UVI is 3 or above, sun protection is required.

## Skin Types and Sunburn

- Skin thickness of children from birth to 13 years is 30% thinner than adults<sup>[6]</sup>.
- The Fitzpatrick Scale is the most commonly used methodology for the classification of different skin types by response to sun exposure.
- Sunburnt skin turns red within 2 to 6 hours of over exposure and redness continues to develop for up to 72 hours.
- In summer, a fair skinned person can burn in as little as 11 minutes.

Fitzpatrick Scale					
I	II	III	IV	V	VI
<b>Very Fair</b> always burns cannot tan	<b>Fair</b> usually burns sometimes tans	<b>Medium</b> sometimes burns usually tans	<b>Olive</b> rarely burns always tans	<b>Brown</b> rarely burns tans easily	<b>Dark Brown</b> never burns always tans

## sundicators

- sundicators work by measuring the intensity of UVA and UVB exposure.
- sundicators are calibrated to Skin Type I.
- sundicators are a personal prompt to remind you to take preventative sun protection action.
- By applying the same sunscreen to the sundicator and wearer, the individual has a real time indication of their UV exposure.
- Wearing a sundicator should be part of your daily sun protection routine.

## References

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