

Health Matters Assistance Programme

Employee Support Bulletin July 2013

Sunny Health



Skin cancer is the most common cancer in the UK and the number of people getting it is increasing. It develops when genes in skin cells are damaged by ultraviolet radiation from the sun, often in childhood. People with fair skin, red or fair hair or pale eyes are more at risk, those with black, brown or darker olive complexions have a lower risk.

There are two main types of skin cancer: malignant melanoma and non-melanoma. Malignant melanoma is the third most common cancer in 15-39 year-olds. It can spread to other parts of the body and may be fatal if not treated early. The most common treatment is surgery.

Consult your doctor immediately if you have:

- A mole or dark patch that is getting larger or a new one is growing
- A mole with a ragged outline
- A mole that is coloured different shades of brown and black.

The following signs are also of concern and should be medically checked if they do not return to normal within two weeks:

- An inflamed mole
- A mole that starts to bleed, ooze or crust
- A change in sensation of a mole, e.g. an itch
- A mole that is bigger than all your other moles.

More than 9 out of 10 skin cancers are the non-melanoma type and are easily treated. Over 59,000 new cases are registered each year in the UK. Signs of non-melanoma skin cancer include a sore or spot that does not heal within four weeks.

To lower your risk of getting skin cancer:

- Stay out of the sun between 11am and 3pm when the sun is most dangerous
- Always use a high Sun Protection Factor (SPF) sunscreen - at least SPF 15 – which protects against UVA and UVB rays
- Apply sunscreen generously 15-30 minutes before you go out and reapply frequently
- Wear a T-shirt, a wide-brimmed hat and wraparound sunglasses
- Avoid using sunbeds or tanning lamps – there is no such thing as a safe tan.

Just some of the issues covered...

- **Stress & Anxiety**
- **Depression**
- **Feeling SAD**
- **Bullying & Harassment**
- **Performance at Work**
- **Managing Pressure**
- **Family Life & Relationships**
- **Divorce & Separation**
- **Illness, Health & Wellbeing**
- **Childcare & Parenting**
- **Bereavement**
- **Cancer Concerns**

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