

# Skeltons Chemists

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## Opening Times

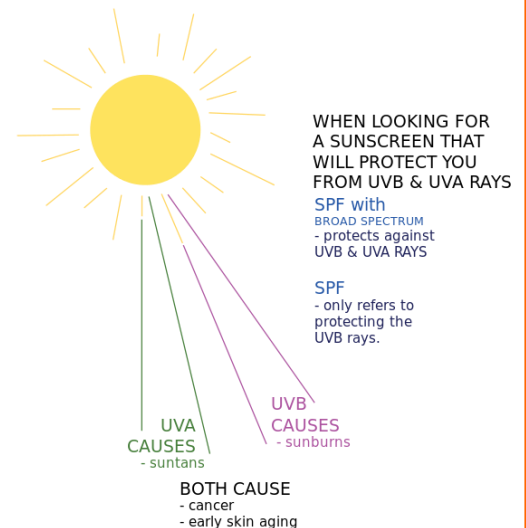
Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for August 2023

1. How many people die from skin cancer each year?
2. When should I stay out of the sun?
3. What is the minimum sun protection (SPF) factor I should use?
4. What is SPF?
5. What is the star rating?
6. How much sunscreen should I apply?
7. How often should I apply it?
8. What are the main risks posed by a heatwave?
9. What are the signs of heat exhaustion?
10. How can I prevent heat exhaustion?



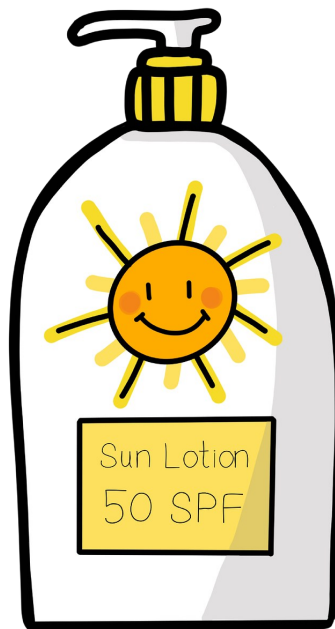
### Answers on the bottom of P2

### The importance of sun protection

There are 16,700 new cases of skin cancer every year in the UK with 2,341 deaths. This has increased by 32% over the last decade. Melanoma skin cancer age standardised death rates for females increased by 76% between 1971 and 2019, while for men they increased by 219%.

As the major cause of skin cancer is getting sunburnt it is important that you protect yourself from the effects of the sun as much as possible. When the sun is at its strongest, between 11am and 3pm from March to October in the UK, you should spend time in the shade.

You should ensure that you and your family never burn, especially



the children, by using sunscreen with an SPF (sun protection factor) of at least 30. SPF is a measure of the amount of ultraviolet B

radiation protection it gives and is rated on a scale of 2 to 50+ with 50+ giving the strongest protection.

Your sunscreen should also have at least a 4-star UVA protection. This can also be indicated by the letters UVA in a circle which indicates that it meets the EU standard. The star rating measures the amount of ultraviolet A radiation protection that is provided.

Sunscreen should be applied to all exposed skin, including the face, neck, ears and head if you have thinning or no hair. As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen to

