Skeltons Chemists

2 Congreve Walk, Bedworth, Warwickshire, CV12 8LY

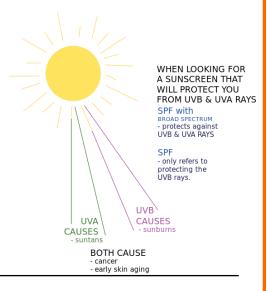
Tel & Fax: 0247 631 3259 Email: skeltonschemists@btconnect.com

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 it's 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



cover your entire body. If you apply the sunscreen too thinly, the amount of protection it gives is reduced.

If you plan to be out in the sun long enough to risk burning you should apply the sunscreen 30 minutes before you go out and then again just before you go out. It is also recommended that you reapply every 2 hours as the sun can dry it off your skin. Sunscreen should also be applied straight after you have been in water, even if it's "water resistant" and after towel drying.

How to cope in hot weather

Most of us welcome hot weather but when it is too hot there are health risks. During heatwaves more people than usual get seriously ill or die. The main risks posed by a heatwave are:

- Not drinking enough water (dehydration)
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- Heat exhaustion or heatstroke

A heatwave can affect anyone, but the most vulnerable people are:

- Older people especially those over 75 and female
- Those who live on their own or in a care home.
- People who have a serious or long-term illness including heart or lung conditions, diabetes, kidney disease, Parkinson's disease, or some mental health conditions.



- People who are on multiple medicines that may make them more likely to be badly affected by the hot weather.
- Those who find it hard to keep cool babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease.

Heat exhaustion and heatstroke

Heat exhaustion does not usually need emergency medical help if you can cool down within 30 minutes. The signs of heat exhaustion include tiredness, dizziness, headache, feeling sick, excessive sweating, cramps in the arms, legs and stomach, fast breathing or heartbeat, a high temperature, being very thirsty and weakness.

Things you can do to cool someone down:

- Move them to a cool place
- Remove all unnecessary clothing
- Get them to drink a sports or rehydration drink or cool water
- * Cool their skin spray or sponge them with cool water and fan them. Cold packs wrapped in a cloth and put under their arm pits or on the neck are good too

Ways to prevent heat exhaustion and heatstroke.

To help prevent these conditions:

- Drink more cold drinks, especially if you are active or exercising
- ▶ Wear light coloured, loose clothing
- Avoid the sun between 11am and 3pm
- Avoid excess alcohol
- Avoid extreme exercise
- ▶ If you are inside on a very hot day, close the curtains. Close the windows if it's hotter outside than in your home and turn off electrical equipment and lights that get hot

For more information on this or any other health related condition talk to one of our trained team.

equipment and lights that get hot.

Answers: Q1, 2,341. Q2, Between 11am and 3pm. Q3, 30. Q4, It is a measurement of the amount of ultraviolet B radiation protection. Q5, It is the amount of protection the sunscreen provides against ultraviolet A radiation. Q6, Adults should apply 6 to 8 teaspoons of sunscreen to cover the whole body. Q7, 30 mins before you go out then every 2 hours. Q8, Dehydration, overheating, heat exhaustion and heatstroke. Q9, Tiredness, dizziness, headache, feeling sick, excessive sweating, cramps in the arms, legs, stomach. Fast breathing or heartbeat, a high temperature, being very thirsty, weakness. Q10, Drink more cold drinks, wear light coloured, loose clothing, avoid the sun between 11am and 3pm, avoid excess alcohol, avoid extreme exercise, close your windows and curtains and turn off electrical avoid excess alcohol, avoid extreme exercise, close your windows and curtains and turn off electrical