

# Joydens Wood Pharmacy

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## Opening Times

Monday 9am - 7pm

Tuesday 9am - 7pm

Wednesday 9am - 6.30pm

Thursday 9am - 6.30pm

Friday 9am - 7pm

Saturday 9am - 5.30pm

Closed for Lunch 1pm - 2pm

## Your FREE Healthy Living Leaflet for June 2016

1. How many people in the UK are diagnosed with skin cancer each year?
2. What is the most common sign of skin cancer?
3. What is the safest way to tan?
4. And if I still want to tan?
5. When is the sun the hottest?
6. How much sunscreen should I apply?
7. What type of sunscreen is the best?
8. How often should I apply it?
9. Who is most at risk of skin cancer?
10. What should I do if I get sunburnt?



**Protect and enjoy yourself this Summer!**

Answers on the bottom of page two

### We're all going on a summer holiday.....

Yes summer is coming and no doubt you are looking forward to a well earned break but the hotter temperatures bring the possibility of sun burn and skin cancer with them. 13,000 people are diagnosed with skin cancer every year in the UK so it's important to heed the warnings and take care.

### What is the safest way to tan?

There is no safe way to tan but if you are desperate for a little colour you should first exfoliate before applying a sun screen of at least factor 15 about 30 minutes before you intend to go out and again just before you actually do go out. This should be repeated each time you go into the pool or sea. You should avoid the hottest



time of the day which is 11am to 3pm and build up your tan in small doses - about an hour a day. You need to wear sun glasses to protect your eyes (the wrap around ones labelled UV absorption up to 400nm are the best) and a hat with a brim of at least 2-3 inches to protect your ears, eyes, forehead, nose and scalp.

Many people do not apply enough sun cream to give the correct amount of protection. The amount to apply is 2mg/square centimetre of your exposed skin or about 35ml of lotion each time. This means a 200ml bottle of sun lotion will only last one adult

about 6 applications or maybe just 2 days! So make sure you take enough. The sunscreen you use should have a SPF (against UVB) of at least 15 and Star rating (against UVA) of at

least 3. These two ratings actually work together with the UVA protection also depending on the SPF rating so an SPF of 25 with a star rating of 3 may screen out more UVA overall than an SPF of 15 with 4 stars.



**What sun-**

**if I get**

**burnt?**

If you or your child (babies should never be in the sun) gets sunburn you should get out of the sun as quickly as possible. Then cool the skin by sponging it with cold water or apply lavender oil which will ease the pain and prevent blistering. Drink plenty of fluids to cool you down and prevent dehydration and apply a water based moisturiser like petroleum jelly when possible. Take painkillers to relieve the pain and do not go out in the sun till the skin is fully healed. The more often you get sunburnt, especially when you are young, the more likely you could get skin cancer.



**Signs of skin cancer**

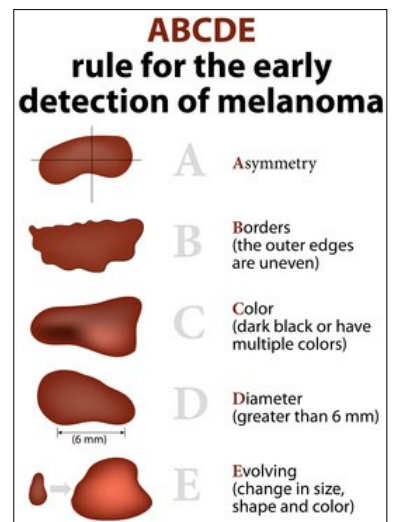
The most common sign of skin cancer is the

appearance of a new mole or a change in an existing one. This can happen anywhere on your body but your back, legs and face are the most likely to be affected.

You will have an increased risk if you have:

- ♦ Pale skin that does not tan easily
- ♦ Red or blonde hair and /or blue eyes
- ♦ A family member who has had skin cancer
- ♦ Older
- ♦ A large number of freckles
- ♦ An area of skin previously damaged by burning or radiotherapy treatment
- ♦ A condition that suppresses your immune system or take medicines that do this

If you notice any change in your moles you should see your GP. If you are uncertain take a picture of the mole every few months so you and your GP are more likely to appreciate any changes that have happened.



**For more advice or to purchase the correct sun tan lotions and other holiday requirements call in and speak to one of our trained team**

**today.**

Answers: Q1, 13,000. Q2, A new mole or change in an existing one. Q3, There is no safe way to tan. Q4, Exfoliate, wear a sunscreen, do not over expose yourself, wear wraparound sunglasses that absorb UV up to 400nm and a hat. Q5, 1 lam to 3pm. Q6, 2mg per square centimetre of exposed skin or around 35ml of lotion per application. Q7, Ones with a SPF of 15 or more which protects against UVB and a star rating of at least 3 which screens out UVA. Q8, 30 minutes before you go out into the sun and again just before you go out again after each time you go in the water. Q9, People with pale skin, blonde hair or blue eyes, people who are older, have freckles, have had previous damage or have a lowered immune system. Q10, Get out of the sun, apply a cold compress to the affected area, drink plenty of fluids, apply a water based moisturiser or lavender oil and take pain killers.