

Health & Wellbeing



National Sun Awareness Week

6-12 May 2019



Sun Awareness Week is a wellbeing event organised by the British Association of Dermatologists and is designed to highlight the dangers of over-exposure to the sun and promote safe behaviour

We all need exposure to the sun. It helps our bodies make vitamin D, which helps us absorb calcium for stronger, healthier bones. The sun can also have a positive effect on our mental health by alleviating the symptoms of depression as well as simply booting our overall mood.

However, too much exposure to the sun can cause lasting damage to our skin, which can possibly lead to health risks later in life!

SUNGLASSES

Research has found that 5-10% of skin cancers occur on the eyelid. Look out for indicators of high quality and safe glasses such as the 'CE Mark', UV 400 label, or '100% UV protection' written on the label.

3 ways to enjoy the sun safely:

1. **Spend time in the shade**, especially between 11am and 3pm in the UK
2. **Cover up with clothes**, a wide-brimmed hat and wraparound sunglasses
3. **Use a sunscreen** with at least SPF15 and 4 or 5 stars. Use it generously, reapply regularly and use in combination with shade and clothing

Cancer Research UK

If you feel as though you are concerned with your exposure to the sun, or if you have any other wellbeing concerns, you can call the **Health Assured helpline** on **0800 030 5182**

According to Cancer Research UK, melanoma skin cancer incidence rates in the UK are projected to rise by 7% by 2025.