

Slip, Slop, Slap, Seek and Slide!

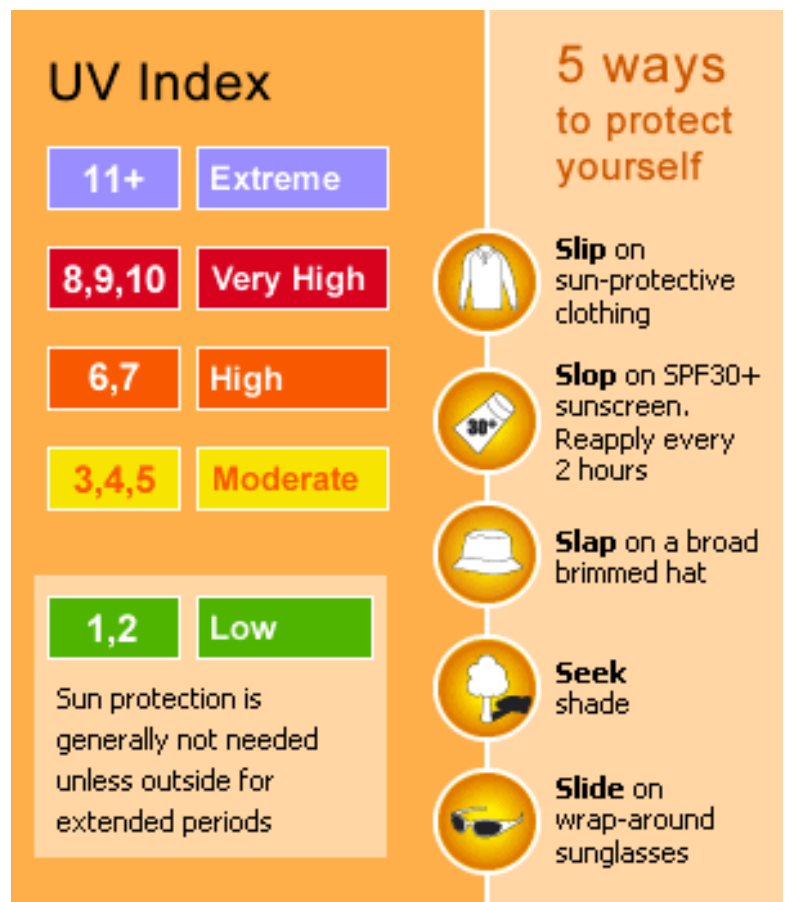
Two out of three Australians will be diagnosed with skin cancer by the time they reach 70. We have one of the highest rates of skin cancer in the world with over 750,000 Australians being treated for skin cancer each year – that’s over 2,000 people every day¹.

You are most at risk of skin cancer during times when the UV index is at 3 or above. You can check the daily UV index at www.bom.gov.au/vic/uv/.

The Cancer Council recommends these five simple ways to protect yourself from the harms of skin cancer:

- 1) **Slip on a shirt** or other form of clothing that covers your arms
- 2) **Slop on sunscreen** that’s SPF 30+ and reapply every 2 hours
- 3) **Slap on a hat** with a broad brim or one that covers your face, neck and ears
- 4) **Seek shade** away from direct sunlight
- 5) **Slide on sunglasses** that are close fitting and have UV protection

But what about vitamin D? During summer, most people can achieve adequate vitamin D levels by exposing their face, arms and hands to direct sunlight for just a few minutes most days of the week.



Remember, treating vitamin D deficiency is a lot easier than treating skin cancer! If you’re in doubt, speak to your doctor about getting your vitamin D levels tested. For more information about the dangers of skin cancer as well as information about vitamin D, go to www.cancer.org.au/preventing-cancer/sun-protection/.



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¹ Fransen M, Karahalios A, Sharma N, English DR, Giles GG, Sinclair RD. Non-melanoma skin cancer in Australia. Med J Aust. 2012;197(10):565-8.