

Please feel free to contact any of your Health Champions for help, advice or with suggestions of how to promote health and wellbeing in our school.

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SUN SAFETY!!

While we all love the sunshine, it's important to remember to look after our skin and protect ourselves from the sun's harmful rays. Due to the high levels of UV in Cornwall, it's important to protect ourselves as the sun's UV rays can damage the skin cells, leading to sunburn and an increased risk of skin cancer, even on a cloudy day.

Cornwall has a high proportion of fair skinned people and more sunshine (supposedly!) than most of the UK's other regions. The South West has the highest rates of skin cancer and reports show that there has been an increase in the number of malignant melanomas diagnosed. Malignant melanoma is the most serious type of skin cancer and the numbers have been rising faster than any other common cancer with almost a third of all cases occurring in the under 50's.

According to many health organisations, sun exposure is the main cause of skin cancers which is caused by damage to the skin cells from UV light. Scientists estimate that heavy sun exposure causes at least two thirds of all malignant melanomas and up to 90% of all non-melanoma skin cancers. People who receive the highest exposures to the sun have about 20-35% higher risks of melanoma, but sunburn increases the risk even more. Studies show that sunburn at any age doubles the risk of malignant melanoma. Intense, intermittent sun exposure, e.g. holiday sun bathing, poses the greatest risk of malignant melanomas.

FACT: It can take 10-30 years for skin cancer to appear, so if you haven't always protected your skin from the sun you could still be at risk. The longer you have spent in the sun the greater your risk of getting skin cancer. Skin cancer is the most common form of cancer and kills more men than women.

Checking your skin for signs of skin cancer is quick and easy and could save your life.

What to look for:

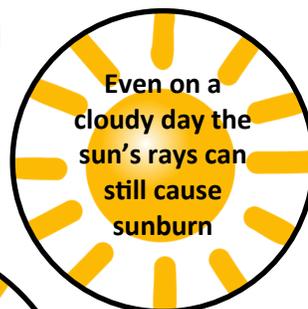
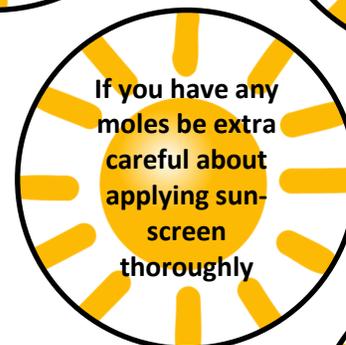
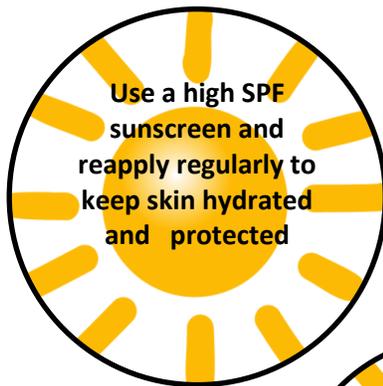
Asymmetry	Common moles are round and symmetrical - most early melanomas are asymmetrical. If a line divided through the middle of your mole doesn't create equal halves then ask your doctor to have a look.
Border irregularity	Common moles have fairly smooth and even borders. Most early melanomas have borders that are often uneven and may have rough edges.
Colour change	Common moles are usually a single shade of brown. Varied shades of brown, tan or black are often the first sign of melanoma. As melanomas progress, the colours red, white and blue may appear.
Diameter >5mm	Early melanomas tend to grow larger than common moles -- generally to at least the size of a pencil eraser (about 6mm, or 1/4 inch, in diameter). Melanomas can be diagnosed at sizes much smaller than this - the smaller the melanoma when diagnosed, the better. Lesions under 7mm have a low risk of recurrence if removed.
Expert	See an expert immediately (Doctor or Dermatologist)

Other Changes to look out for:

- A mole suddenly or continuously getting larger.
- The skin around a mole becoming red or developing coloured blemishes or swellings.
- A mole that was flat or slightly elevated increasing in height rapidly.
- A smooth mole developing scaliness, erosion or oozing.
- Itching is the most common early symptom - there may also be feelings of tenderness. Skin cancers however are usually painless.



Ways to protect yourself:





SUN-PROTECTIVE EQUIPMENT MUST BE WORN ON SITE

sunsafe
in cornwall

PROTECT YOURSELF IN THE SUN!
DOWNLOAD THE BE SUNSAFE APP
ON YOUR SMARTPHONE.

*stay safe
in the sun!*

- Find out the UV Levels exactly where you are.
- Find out what protection you need.
- Find out the signs of skin cancer and when you should see the doctor.
- Also, find out the weather forecast!

+ much much more!!

**BE SUNSAFE!
DOWNLOAD THE APP**

NHS Sun Safe is a NHS Based Campaign. For more info please visit www.sun-safe.org or download the App.

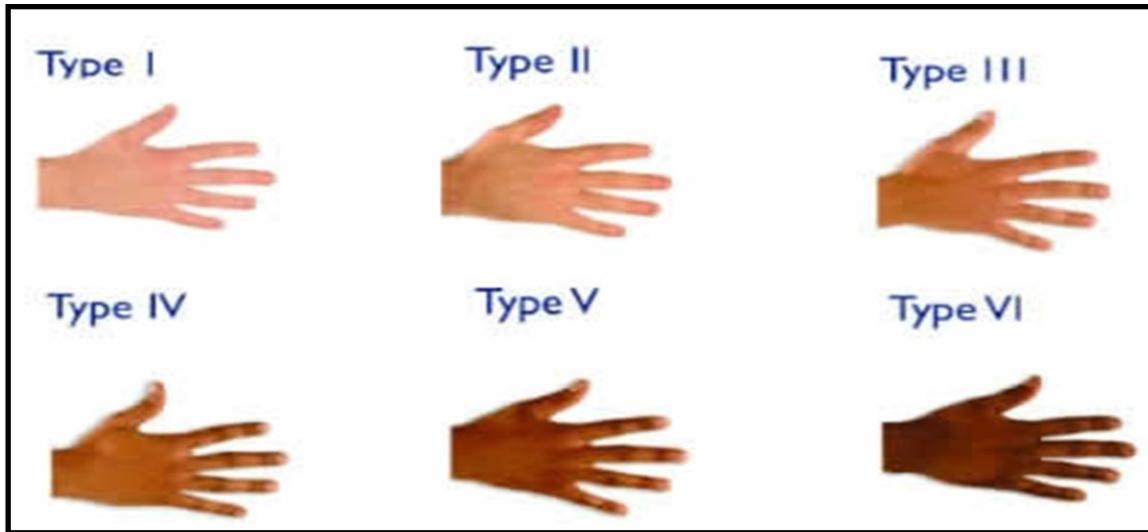
Reactivapps
This Mobile Application has been produced by Reactiv Apps on behalf of Sun Safe. If you would like an App for your business or organisation then please call us on 0844 833 0700 or e-mail customer_services@reactivapps.co.uk

Sun Damage Facts

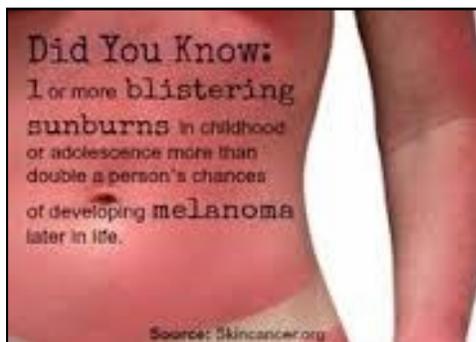
- Sun damage is caused by ultraviolet radiation - commonly called UV damage.
- Ultraviolet light is divided into three major wavelengths: UVA, UVB, and UVC.
- Even on a cloudy day, 80% of the sun's rays pass through the clouds.
- On bright, sunny days, the sun is reflected: 17% off sand and 80% off snow!
- The sun can penetrate the first meter of water!!
- While almost 9 out of 10 consumers have used a sunscreen at some point:
 - Less than 3 in 10 people apply sunscreen when on holiday.
 - Less than 2 in 10 people wear sunscreen all year round.
- Worryingly, almost 6 out of 10 Britains still actively seek a tan - a tan is a sign damage has already occurred.
- 80% of the average person's lifetime sun exposure to UV radiation has been received by the age of 18!

What skin type are you?

Experts have identified six different skin types. Match your natural hand colour to one of the photos in the skin type table below, then check the description matches your hair and eye colour and what happens to your skin in strong sun.



- Type I** Often burns, rarely tans. Tends to have freckles, red or fair hair, and blue or green eyes.
- Type II** Usually burns, sometimes tans. Tends to have light hair, and blue or brown eyes.
- Type III** Sometimes burns, usually tans. Tends to have brown hair and eyes.
- Type IV** Rarely burns, often tans. Tends to have dark brown eyes and hair.
- Type V** Naturally black-brown skin. Often has dark brown eyes and hair.
- Type VI** Naturally black-brown skin. Usually has black-brown eyes and hair.



Skin Complexion	Sun's Effect on the Skin	Recommended SPF
Very Fair	Always burns easily; never tans	30-50+
Fair	Always burns easily; tans minimally	30-50+
Light	Burns moderately; tans eventually	15-30
Medium	Burns minimally; always tans well	6-15
Dark	Rarely burns; tans readily	2-10
Very Dark	Never burns; becomes deeply pigmented	2-10

UV PROTECTION CHART				
Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Staying indoors between 10am-4pm