

Your personal skin cancer prevention

Considerable amount of sun

Sun on the skin feels good and is important for vitamin supply, hormone balance, for a good mood and a strong immune system. However, sun exposure is only healthy in moderation: When sun exposure is high, the skin needs sun protection. Sunburns should implicitly be avoided, as this can lead to premature skin aging and skin cancer.

The skin reaction to direct sun exposure varies from person to person. This is why you should know the intensity and duration of a sunbath and adjust the protection factor of your sunscreen to your personal skin type.

In Europe, we distinguish between the following skin types:

	skin type I:	skin type II:	skin type III:	skin type IV:
skin	very light	light	light brown	brown
hair	light blond or reddish	blond	dark blond	brown or black
redness	always	often	seldom	never
tanning	hardly	low	moderate	strong

Sunscreen

The retail industry offers good sunscreens with high sun protection factors. The rule of thumb is: **self-protection time x sun protection factor = duration of protected sunbathing** without risk of sunburn in our latitudes.

	skin type I:	skin type II:	skin type III:	skin type IV:
self-protection time	5 – 10 minutes	10 – 20 minutes	20 – 30 minutes	40 minutes

Your self-protection time is the time span in which you can stay in the sun without pre-tanned skin and without additional sun protection. The self-protection time increases with an increasing degree of skin tanning. But attention: This is only restrictedly applicable for solarium tan. Dermatologists generally advice against the use of tanning beds – especially children!

The indicated self-protection time applies to adults and serves for rough orientation only. In individual cases, the real self-protection time can differ significantly. If you are unsure, classify yourself into the more sensitive skin type. Children are much more sensitive to the sun and need sunscreen and textile sun protection.

If you want to spend more time in the sun, you need an appropriate sun protection factor or textile sunscreen. Keep in mind that the sunscreen only works 30 minutes after application. In case of doubt, please ask your dermatologist or pharmacist.

Self-diagnosis

Pigmental or liver spots are usually harmless, as long as they remain unchanged. Sunburn can damage the skin's cell structure and develop into skin cancer. Malignant skin tumours are among the most common cancers. The most dangerous type of skin cancer is the "malignant melanoma". The earlier skin alterations are recognized, the better the chances of recovery!

Like this, you can examine your skin for alterations:



1. Examine your body from the front, from the back and from the side (also with raised arms) in the mirror.



2. Take a look at your arms, hands, palms, fingernails and the area between your fingers.



3. Investigate your legs, feet, soles, toenails and the area between your toes.

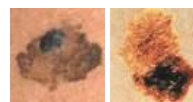


4. Check your neck and head with a hand mirror, also between your hair.



5. Don't forget the genital and anal area as well as the underarm hair area.

ABCDE-rule for early detection



A – Asymmetry: The two halves of the nevus do not look similar.



B – Boundary: The boundary of the skin alteration is irregular and has tongue-shaped extensions.



C – Colour: Typically, melanoma are irregular and unevenly coloured.



D – Diameter: Skin alterations are suspicious, when they exceed a certain size (2 – 6 mm).



E – Elevation: An elevation of the skin alteration (> 1 mm).

More warning signs:
 - irregular surface
 - resizing
 - itchiness
 - bleeding nevus