

January 2016

## Protection against the sun



### Be smart and wear your sunscreen

Everyone needs a small amount of UV as they are essential in the production of Vitamin D. As always too much of a good thing can be a bad thing and excessive UV radiation exposure can be harmful.

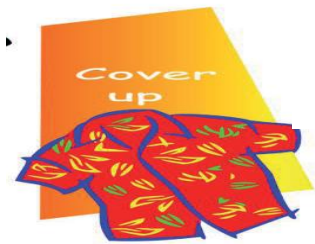


### Facts about excessive UV Radiation

- Approximately 130 000 malignant melanomas are diagnosed globally each year
- Approximately 66 000 deaths occur annually due to malignant melanoma
- People with darker skin need sunscreen too as they also develop skin cancer
- UV radiation can cause cataracts
- South Africa has the second highest incidence of skin cancer in the world; Australia has the most.

### Spot the warning signs

- A**-symmetry: a mole or black mark with one half unlike the other half
- B**-order irregularities: scalloped or poorly defined edges
- C**-olour variations or inconsistencies
- D**-iameter: larger than 6 mm
- E**-volving: changes in shape, colour or border



### Reduce your risks

- Avoid direct sunlight from 10h00 to 15h00
- Wear a hat
- Use sunscreen with a sun protection factor (SPF) of 30 to 50
- Wear sunglasses with a UV protection rating of UV400
- Wear a lip balm with a minimum SPF of 20
- Avoid tanning beds



### Important Emergency Numbers

**Netcare 911:**      **SAPS:**  
**082 911**              **1011**

**Netcare Milpark Hospital**  
**011 480 5600**

[Injury.Prevention@netcare.co.za](mailto:Injury.Prevention@netcare.co.za)

**NETCARE**  
**082 911**  
24HR EMERGENCY MEDICAL ASSISTANCE



You're in safe hands