



words from prof. Aubrey Parsons skin cancer in children

About 80% of sun damage occurs before the age of 18 with the results becoming apparent only later in a person's life. Babies under a year old should not be exposed to direct sunlight. Only three sunburn episodes can increase a child's chance of developing a melanoma by 80%. Ten years ago skin specialists believed children didn't get melanoma and most sufferers were over 50.

Unfortunately all that has changed, because of the hole in the earth's ozone layer the ultraviolet concentration has intensified by 80% over the past 10 years.

Long-term exposure to any UV light is dangerous. UVA rays especially penetrate deep into the skin and change cell structures.

Increasing radiation is one of the main reasons why in the past 30 years skin cancer among children has risen by about 2.9% a year. Most malignant melanomas in children are diagnosed too late.

Programmes for tests and screening should be established at every school.

Unfortunately, all methods of obtaining a tan, with the exception of self-tanning creams, can lead to skin cancer, including sun beds, against which the World Health Organisation issued a warning.

Always observe any changes in the skin and have it screened. Skin cancer is visible and therefore treatable.

Q&A

protection of the skin against skin cancer

What is a malignant melanoma?

A melanoma can be any mole or similar mark on the skin that often after years of being benign can suddenly become malignant. If it isn't removed the cancer spreads from the skin to other organs and can result in death in six months.

What are the warning signs and symptoms to look out for?

- moles or freckles that get bigger (change in size)
- different colour (brown, light brown, black, shades of red, white and blue), changes shape/uneven edges
- a surrounding area that's red and swollen, or itchy or sore on touch
- Any hardening or softening, could also be a sign of danger
- The thickness of a mole can be a life-or-death issue. A melanoma that's only 1,5 mm thick leads to death in 50% of patients in five years
- If it's thicker than 3 mm there's simply nothing doctors can do. There is no available treatment for this kind of cancer
- A melanoma less than 1 mm thick that's spotted early on can be removed and there is a good chance of recovery

can skin cancer be prevented with sunscreen?

Although adequate sunscreen factors do protect the skin, sun cream alone isn't enough. Children should avoid the sun and wear protective clothing. Most importantly, if you're unsure about any mole or mark have your doctor check it. Monitor how much time your child spends in the sun without protection. Use umbrellas, sun cream, protective clothing, wide brimmed hats- anything to stop them getting burnt on the beach or next to the pool.

What sun protection factor is advisable?

The higher a cream's sun protection factor (SPF) the better, but no cream can stop all sun damage. Remember, SPF is an indication of how long the cream protects you. If your child starts burning after five minutes without protection an SPF of 15+ will protect her 15 times longer, thus for 75 minutes

Avoid the sun between 10 am and 5 pm. Clouds keep off only 20% of UV rays. Even naturally dark skin isn't resistant to sunburn

When and how often should sunscreen be applied?

Apply a thick even layer of sunscreen at least 15 minutes before your child goes to the beach/pool or outdoors and every time he has been in the water. Use a good after-sun cream at night to nourish and revitalise skin.

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skin cancer

the warning signs and symptoms to look out for

the a, b, c, d and e of: melanomas



Asymmetrical



Borders irregular



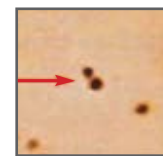
Colour varies



Diameter large



Evolves over time



emphasise the regular use of sunscreen
nimue sun c range | year round protection for any outdoor exposure

Nimue Skin Technology offers a range of scientifically advanced sun protection products that fully encompass all skin needs during and after sun exposure, with a dual focus in providing a high degree broad spectrum UVA -UVB protection and the addition of Vitamin-C Ester with anti-ageing benefits to assist in protecting and reducing the visible signs of photo ageing.

product news

Interactive Range

Cleansing Gel Lite and Conditioner Lite available in economical and practical refills from march 2007

These products are ideal for:

- Skins that do not manifest typical symptoms of environmental damage, hyperpigmentation or problematic skin.
- Skins with minor physiological imbalance or to maintain normal skin physiology
- Skins manifesting temporary sensitisation due to ill health, medication, skin resurfacing procedures or generally stressed skin.



look out for the following products in new 3ml sample tubes:

- Man Phyto Gel Wash
- Man Total Protector 20
- Derma Repair for scars and stretchmarks
- Multi Body Treatment
- Element Barrier

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