

# Skin Cancer

## Did you know:

*Australia suffers from the highest rate of skin cancer in the world?*

Everyone in Australia is at risk of developing skin cancer due to high levels of UV radiation throughout the year. You are at increased risk of developing skin cancer if you have:

- ❖ Lots of moles or freckles
- ❖ Fair skin that burns easily and does not tan
- ❖ Light coloured eyes (blue or green), light coloured hair (blonde or red)
- ❖ Suffered sunburns, particularly as a child
- ❖ A family history of skin cancer
- ❖ Used solaria
- ❖ Spent lots of time in the sun even if sunscreen was used

*Check your skin regularly and see a doctor straight away if you notice:*

- ❖ A skin spot that is different from other spots around it
- ❖ A mole or freckle that has changed in size, shape or colour
- ❖ A suspicious spot that is new or has changed over weeks or months in colour, size or shape or
- ❖ An inflamed sore that has not healed in three weeks

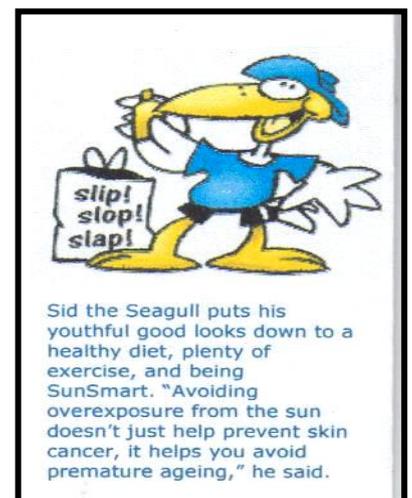
*More than 90% of skin cancers can be successfully treated if detected early.*

## How to be SunSmart:

You can protect your skin from skin cancer and other sun damage by being SunSmart. Wherever possible, you should limit sun exposure, particularly from 10am to 3pm when ultraviolet (UV) radiation levels are highest.

*When going out in the sun, remember to:*

- ❖ **Seek** shade
- ❖ **Slip** on some sun-protective clothing that covers as much skin as possible
- ❖ **Slop** on SPF30+ sunscreen - make sure it is broad spectrum and water resistant. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- ❖ **Slap** on a hat that protects your face, head, neck and ears.
- ❖ **Slide** on some sunglasses - make sure they meet Australian Standards (AS/NZS 1067)



For more information contact:  
The Cancer Council Western Australia  
13 11 20

# HAY FEVER

Source: Asthma Foundation WA  
www.asthmawa.org.au



*Despite its name, hay fever does not cause a fever and is rarely triggered by hay. Hay fever, also referred to as allergic rhinitis, can cause symptoms similar to a cold, but unlike a cold is not caused by a viral infection.*

*Hay fever is caused from a reaction to indoor and outdoor allergens such as pollen, mold, dust mites or pet dander and can flare up during the spring, summer or autumn seasons – or even affect people throughout the entire year.*

## SYMPTOMS

Hay fever symptoms develop immediately after a person has been exposed to certain allergens. Symptoms can include: a runny nose, sneezing, congestion, sinus pressure, itchy and/or watery eyes, itchy throat, itchy roof of the mouth and a possible decrease in sense of taste and smell.

## TREATMENT

If you are suffering from mild hay fever symptoms, over-the-counter pills, liquids and nasal sprays or decongestants may resolve the condition. If your hay fever symptoms persist, see your G.P about prescription strength pills, liquids, nasal sprays and decongestants. Recurrent hay fever may require allergy shots or immunotherapy, which de-sensitizes your immune system over a period of time to particular allergens

## MANAGING HAY FEVER

- ✚ Try to stay indoors on days of high pollen count.
- ✚ Keep windows and doors closed as much as possible.
- ✚ Always bathe and wash hair before bed time.
- ✚ Wash sheets weekly in hot water.
- ✚ Avoid hanging clothes outside to dry on windy days, especially in Spring.
- ✚ Wear a filter mask when mowing or working outdoors.
- ✚ Spring clean your home, replacing heating and A/C filters and cleaning ducts and vents.
- ✚ Check bathrooms and other damp areas frequently for mould and mildew.
- ✚ Keep pets out of the bedroom and off furniture.
- ✚ Avoid high pile carpets

