HEAR is the result of a collaboration between librarians in a number of hospitals and health care settings across Ireland.

This newsletter contains information for patients, families and carers with links to support groups & organisations, books, multimedia and patient education.

Other sections include links to clinical articles, guidelines and UV information. Our first sight of summer is always exciting but even in the relatively mild Irish sunshine, our skin can be damaged if we don’t take precautions.

The sun of course is a great natural source of Vitamin D so we shouldn’t avoid it. Instead, we should take the necessary precautions and get out and enjoy it safely as much as possible.

There are many excellent and reliable sites that will provide you with “Do’s and Don’t’s” and we have pulled together some of their top tips and advice.

We’d love to hear from you, so if you have any comments or suggestions for future issues, please send your emails to: HEAR@hslg.ie

In Ireland an average of

9,512 cases of Non Melanoma Skin Cancer (NMSC) &

913 cases of melanoma skin cancer are diagnosed per year

Did you know? Fast Facts on Skin Cancer

* Most cases of skin cancer are caused by UV rays from the sun
* Using a sunbed greatly increases your risk
* In Ireland, more women are diagnosed with skin cancer but more men die from it
* Sunscreen should be applied about 30 minutes before going outside
* Babies under 6 months should always be kept in the shade

FAQs from Irish Cancer Society & Cancer Health Library

Annual report of the National Cancer Registry 1994-2013
Patient Education & Information

Skin Cancer information from Irish Cancer Society

Skin Cancer (Non-Melanoma)

Melanoma – Information from Macmillan

Melanoma an overview: by British Association of Dermatologists

What is Skin Cancer? Information from The Irish Skin Foundation

Non-Melanoma Skin Cancer - information on the HSE A-Z

Skin Cancer by Irish Association of Plastic Surgeons

Skin Cancer the Facts - Marie Keating Foundation

Melanoma - NCCN Patient and Caregiver Resources

Support & Advice Groups

Irish Cancer Society Support & Services list of local support groups

Irish Cancer Society www.cancer.ie

Skin Cancer Foundation http://www.skincancer.org/

Macmillan cancer support http://www.macmillan.org.uk/

On Don’t Fry Day (and Every Day)
Slip, Slop, Slap & Wrap!

A turtle has a built-in shirt. A pig uses mud as sunscreen. The bumps over a camel’s eyes act as a hat. The black rings around a meerkat’s eyes are sunglasses.

Animals are naturally safe in the sun. We have to remember to: Slip, Slop, Slap & Wrap. Slip on a shirt, Slop on sunscreen, Slap on a hat, and Wrap on sunglasses whenever you go outdoors.

EPA United States Environmental Protection Agency

SunWise
Health Bytes


Books and Multimedia

Skin Cancer and Sun Safety
Easy Read NHS booklet

ABC of Skin Cancer
S. Rajpar, J. Marsden 2008

Fast Facts Skin Cancer
Karen Agnew, Christopher Bunker 2013
Rapid Rounds


Chan, A., Cameron, M. C., Garden, B., (2015) 'A systematic review of patient-reported outcome instruments of dermatologic adverse events associated with targeted cancer therapies', Support Care Cancer, 23(8), 2231-44.

Guidelines

Melanoma: assessment and management NICE guideline 2015 NICE

Sunlight exposure: risks and benefits, NICE guideline 2016

Sunlight Exposure risks & benefits overview_ NICE pathway

Skin cancer overview: NICE pathway

Cutaneous Melanoma: ESMO clinical practice guidelines for diagnosis treatment and follow up_ 2015

Follow-up of Patients with Cutaneous Melanoma who were Treated with Curative Intent. Cancer Care Ontario Guideline, 2015

Irish Authored Reports and Research

Flannery C., Burke L. A. (2015) Risky sun tanning behaviours amongst Irish University students: a quantitative analysis, Published online Dec 2015


Crowley T., Murphy M. Does Social Marketing Have a Role in Skin Cancer Education and Prevention? Book Chapter in Innovations in Social Marketing and Public Health Communication: Improving the Quality of Life for Individuals and Communities Edited by Walter Wymer

Contact your hospital/healthcare librarian if you have any difficulty locating full text for these or any other articles.

“Healthcare Librarians – making evidence evident”
# In the News

## Newspapers

**Skin cancer: 'I've seen the effects of skin cancer, and I am happy to be whiter than Casper if it means I get to live',** Irish Times, June 2015

“*Skin cancer cure hope for millions as major treatment breakthrough sees man's tumours disappear 'completely'.***” Daily Mirror, May 31 2016.

Click [here](#) to link to the story behind the headlines.

Health Today Radio: melanoma – Imogen’s story  
[http://www.nhs.uk/video/Pages/health-today-radio-programme24-melanoma-imogen.aspx](http://www.nhs.uk/video/Pages/health-today-radio-programme24-melanoma-imogen.aspx)

## TedTalks:

The skin 'beauty' and the sun 'beast': Charareh Pourzand at TEDxBathUniversity  
[https://www.youtube.com/watch?v=60e-t4zglBk](https://www.youtube.com/watch?v=60e-t4zglBk)

Engineering micro-RNA to cure skin cancer | Larry Zhang | TEDxMileHigh  
[https://www.youtube.com/watch?v=be03wd-5Klc](https://www.youtube.com/watch?v=be03wd-5Klc)

## Tweets

@ClevelandClinic “Most melanomas are black or brown, but they may also be skin-colored, pink, red or purple. In men, melanoma tends to appear on the trunk.”

@med_indonews “Ireland has possibly highest incidence of #uveal #melanoma in the world — study [http://ow.ly/ZB1t300DNII](http://ow.ly/ZB1t300DNII) #Ophthalmologists #Ophthalmology  
[https://twitter.com/med_indonews/status/737600789024112641](https://twitter.com/med_indonews/status/737600789024112641)"

@SkinCancerOrg Our mission is to decrease the incidence of skin cancer through education, medical training, and research.

@LiveSunSmart Live SunSmart Foundation (formerly the Ray Festa Melanoma Foundation) is committed to educating everyone on the importance of living #SunSmart  
[https://twitter.com/LiveSunSmart](https://twitter.com/LiveSunSmart)
### UV Index – MET Eireann

<table>
<thead>
<tr>
<th>Index</th>
<th>Level</th>
<th>Advice</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Low</td>
<td>No Protection Required</td>
<td>You can stay safely outside.</td>
</tr>
<tr>
<td>2</td>
<td>Low</td>
<td>No Protection Required</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
<td>Protection Required</td>
<td>Seek shade during midday hours. Apply sunscreen and cover up with protective clothing.</td>
</tr>
<tr>
<td>4</td>
<td>Moderate</td>
<td>Protection Required</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Moderate</td>
<td>Protection Required</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>High</td>
<td>Protection Required</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>High</td>
<td>Protection Required</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Very High</td>
<td>Extra Protection Required</td>
<td>Avoid being outside during midday hours. Make sure to seek shade. Always wear sunscreen and protective clothing i.e. Shirt, hat.</td>
</tr>
<tr>
<td>9</td>
<td>Very High</td>
<td>Extra Protection Required</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Extreme</td>
<td>Extra Protection Required</td>
<td></td>
</tr>
<tr>
<td>11+</td>
<td>Extreme</td>
<td>Extra Protection Required</td>
<td></td>
</tr>
</tbody>
</table>

Irish Cancer Society – If the UV Index is 3 or more, it is important to follow the Sun Smart Guidelines

---

**DISCLAIMER**

This newsletter contains information about Skin Cancer and Melanoma. The information is not advice and should not be treated as such.