

# MELANOMA

is the **most dangerous** type of skin cancer and is the **most common cancer diagnosed in people aged 15-29.**



Australian teens have the **HIGHEST LEVELS OF MELANOMA** in the world.

Skin cancer is Australia's silent killer with almost **twice as many people dying from skin cancer** than road accidents each year.



Skin cancer is **serious** and can lead to **SURGERY, CHEMOTHERAPY, PERMANENT SCARRING** and can **spread** to other parts of your body.

## SAFE OR HEALTHY TANS DON'T EXIST!

Tanning and sunburn are evidence of **damage to your DNA** leading to **wrinkles** and **potential skin cancer** - with damage occurring in as little as **10 minutes.**



## IT ISN'T ALL BAD NEWS...

you can still enjoy outdoor activities by **remembering to be SunSmart!**

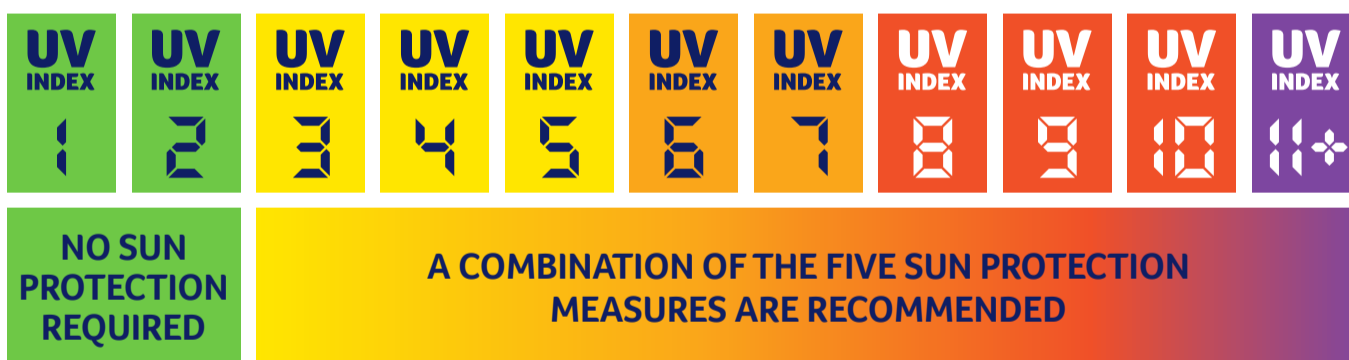
# PROTECTION IS BETTER THAN THE CURE

## WHAT IS UV?

UV radiation is part of the natural energy produced by the sun. You can see the sun's light. You can feel the sun's heat. **But you can't see or feel the sun's UV radiation so it can cause damage without us knowing.**

It's not just on hot days when you need to protect yourself from the sun's harmful rays. **It's important to check the UV** - and use a combination of the **five sun protection measures** when the UV is 3 or above.

## BE SUNSMART WHEN THE UV IS 3 OR ABOVE!



Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

Scan with your phone to download the SunSmart app and learn how to protect yourself from skin damage.



[myUV.com.au](http://myUV.com.au)

