

Invitation to a SunSmart photocall

Wednesday June 13, 12.15pm, at St Helens Rugby League Football Club

Address: Dunriding Lane, St Helens, WA10 4AD

Picture: St Helens Rugby League first squad take part in a Molewatch clinic with Consultant Dermatologist Dr Sandra Winhoven from St Helens and Knowsley Hospitals NHS Trust.

Media contact: Cancer Research UK Regional Press Officer Jane Bullock on 07810 505535.

ST HELENS RUGBY LEAGUE PLAYERS GET SUNSMART

PLAYERS from St Helens Rugby League will be getting their kit off for a good cause when they take part in a Molewatch clinic.

Saints players from the first squad will be helping to promote Cancer Research UK's SunSmart campaign by getting their skin checked for suspect moles.

SunSmart is the UK's national skin cancer prevention campaign.

Doctor Sandra Winhoven, a Consultant Dermatologist from St Helens and Knowsley Hospitals NHS Trust, will be examining the players as well as speaking to a group of youngsters from Bleak Hill Primary School about the importance of being sun-aware.

Each year in the UK more than 75,000 people are diagnosed with skin cancer and almost 2,300 die from the disease. Most of the cases diagnosed are the non-melanoma form of skin cancer, but most skin cancer deaths are due to malignant melanoma.

Dr Winhoven said: "The number of cases of melanoma – the most dangerous form of skin cancer – has almost tripled since the early 1980s and research shows that figures are set to treble again in the next 30 years unless we radically change our behaviour.

"The fact is that the majority of these cases could be prevented.

"I was really keen to organise a Molewatch clinic for the players at St Helens because they spend so much of their time outside and their faces, arms and legs are constantly exposed to the sun.

"People who work outside and receive this type of exposure are more likely to be diagnosed with non-melanoma skin cancer.

"This is far more common and less dangerous than melanoma, but it is important to have it treated as soon as possible."

Gordon Pennington, Community Development Manager at St Helens Rugby League Club, said: "All the players are delighted to be working alongside Cancer Research UK and St Helens and Knowsley Hospitals NHS Trust to highlight the importance of the SunSmart campaign.

“We receive weekly visits from local school pupils as part of the club’s ongoing education project and will be encouraging them all to take care in the sun and follow the SunSmart messages.”

Cancer Research UK SunSmart Campaign Manager, Rebecca Russell, said: “More men than women die from melanoma. And one of the reasons for this is because men fail to check out suspect moles.

“Involving the players from St Helens Rugby League in a Molewatch clinic is a great way for Cancer Research UK to ensure the SunSmart campaign reaches as many people as possible.

“People with fair skin, lots of moles or freckles or a family history of skin cancer are at higher risk of skin cancer, so we would urge them to take extra care in the sun.”

To find out more about skin cancer and how to protect yourself in the sun, visit www.sunsmart.org.uk or call Cancer Research UK’s cancer information nurses on 020 7061 8355. If you notice changes in size, shape or colour of any moles, freckles or patches of previously normal skin, you should book an appointment with your GP without delay.

Ends

For media enquiries about SunSmart, contact Cancer Research UK Regional Press Officer Jane Bullock on 07810 505535.

For media enquiries on St Helens Rugby League, contact Media Manager Mike Appleton on 0870 756 5258/07841 371343.

Notes to Editors

The SunSmart Messages:

Spend time in the shade between 11 and 3. The summer sun is most damaging to your skin in the middle of the day.

Make sure you never burn; sunburn can double your risk of skin cancer.

Aim to cover up with a t-shirt, hat and sunglasses. When the sun is at its peak, sunscreen is not enough.

Remember to take extra care with children. Young skin is delicate. Keep babies out of the sun, especially around midday.

Then use factor 15+ sunscreen.
Apply sunscreen generously and reapply often.

....Also report mole changes or unusual skin growths promptly to your doctor.

Find out more at www.sunsmart.org.uk

SunSmart is the UK's national skin cancer prevention campaign commissioned by the UK Health Departments and run by Cancer Research UK. The campaign focuses on those most at risk of skin cancer and the key target audience this year is holidaymakers.

- Skin cancer is one of the most common cancers in the UK.
- The number of skin cancer cases is increasing year on year. The main risk factor for skin cancer is exposure to sunlight. Up to 90% of skin cancers could be prevented by being SunSmart.
- Over 75,000 new cases of skin cancer are registered each year in the UK. Some experts estimate the number of cases to be in excess of 100,000 as many cases are not reported.
- Cases of malignant melanoma, the most dangerous form of skin cancer, have tripled over the past 25 years. Malignant melanoma is the second most common cancer in 20–39 year olds.
- Each year around 1,800 people die from malignant melanoma.
- Over the last 25 years, the incidence of malignant melanoma has increased faster than any other cancer.