



SHOE HEAVEN



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best

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So fat I wanted to kill myself

BUT LOOK AT ME NOW!

55

treats for **FREE**



FERN'S GUILT

as women opt for copycat surgery



I kept my husband secret for 15 years



Deeeelicious

Fuss-free, fast dinner

best
HEALTH

SAVE YOUR LIFE IN THE SUN

It's time to stop ignoring
sun safety messages...

Be warned – melanoma skin cancer (the most serious) is now more common than breast or cervical cancer

among women in their 20s, with one diagnosed every day with melanoma skin cancer.

“The increase in sunbed use and binge-tanning on summer holidays is thought responsible,”
Caroline

Always use at least an SPF15 suncream, and reapply generously during the day



It's time to change our attitude to sunbathing and sunbeds. Rates of melanoma have risen faster in the past 25 years than any other type of cancer, and 1800 people a year now die from it. This risk increases as we age, and if you've already quit smoking, or you're eating less fat to help prevent a heart attack, you should also be taking a look at your sun habits.

Here's all you need to know about spending time in the sun...

A BOTTLE OF SUNCREAM SHOULD LAST YOU A FEW DAYS, NOT A FEW WEEKS

If you're fully-clothed, use about 2 tsp of sunscreen on exposed skin. In a bikini, it should be 2 tbsp. Apply before leaving the house and *always* reapply after being in the water, even if the cream is waterproof.

SUNCREAMS GO OUT OF DATE

It's OK to use last year's bottle, or the year before that, but not the one at the back of the cupboard from five years

they lose their effectiveness.

SUNBEDS CAN BE MUCH STRONGER THAN THE SUN

"Sunbeds emit ultraviolet radiation (UVR), which can lead to skin cancer and wrinkles. You don't need to burn to suffer skin damage," says Dr Mark Goodfield, consultant dermatologist and president of the British Association of Dermatologists (BAD). "Some sunbeds emit UVR rays 10-15 times that of the midday sun." One study found exposure to sunbeds before age 35 increases your melanoma risk by 75 per cent.

NOT ALL SUNCREAMS GIVE EQUAL PROTECTION

SPF refers to the UVB protection (UVB rays are the ones that burn). But look for one that also has high UVA protection of 4 or 5 stars (UVA is responsible for ageing and damaging DNA in cells), or for the label 'broad spectrum'. A water-resistant formula will stand up better to sweat or water.

SPF15 IS THE MINIMUM!

And that's as long as you apply it properly. "The BAD recommends SPF30, and SPF 50 for children or people with pale skin," says Dr Goodfield. "Studies show we apply less than half the amount needed to get the SPF on the label - so by using SPF30 you will

Case study

'There's no reason to risk your life for the sake of having a tan'

Ruth Retter, 32, from Worthing, knows just how much damage the sun can do...

When a mole appeared on my ankle in 2005, my GP said it was fine, as it was round with even edges. I got pregnant soon after, and even though it itched and oozed, I was told it was fine. Three weeks after giving birth, it started bleeding. The mole was removed and, two weeks later, I was told I had nodular malignant melanoma at just 29 years old. In my early 20s, I'd used sunbeds and oil to make sure I went brown on holidays. Now I was paying the price for that.

I had 10x7cm of tissue removed and lymph nodes from my knee and groin. A year later, the melanoma returned and I had a mass removed. Now, I'm waiting to hear if the cancer's all gone.

I still enjoy being out in the sun, but I'm very careful. Spray tans are so good, there's no reason to risk your life for a tan.

■ Call Freephone 0800 500 800 or see www.macmillan.org.uk. You can help support Macmillan by hosting a fundraiser picnic in June - see www.macmillan.org.uk/bigpicnic for details.



FEATURE: LISA BUCKINGHAM. PHOTOS: GETTY; IMAGESOURCE; SPL (POSED BY MODELS)

what to look for...

- A SYMMETRY** The two halves of the area may differ in terms of their shape.
- B ORDER** The edges of the area may appear irregular or blurred, and sometimes they can show notches.
- C COLOUR** This may be uneven. Shades of black, brown and pink may be seen.
- D DIAMETER** Most melanomas are at least 6mm in diameter. Report any change in size, shape or diameter to your doctor.
- E XPERT** If in doubt, check it out! Your GP can refer you to a dermatologist through the NHS.



hopefully still be protected if you don't apply it thick enough."

DON'T AVOID THE SUNSHINE

"Sunshine is a major source of vitamin D, so don't avoid it entirely," says Dr Goodfield. "However, your body reaches its maximum level of vitamin D long before you burn. Get small amounts of sunshine, and vitamin D from your diet."

NO SUNCREAM OFFERS 100 PER CENT PROTECTION

SPF15 offers 93 per cent protection from the sun; SPF30 offers 96 per cent. No SPF gives 100 per cent. "Suncream is the last line of defence, behind covering up and being in the shade," says Cerney.

COST HAS LITTLE BEARING ON THE EFFECTIVENESS

"Provided it has a high SPF and UVA protection, extra cost does not mean extra protection," says Dr Goodfield.

3 of the best...

FAKE TANS

The quality of today's fake tans mean you can have a sun-kissed look without the cancer risk.

Garnier Ambre Solaire No-Streaks Bronzer Dry Body Mist, £10.99

A foolproof fake tan that produces a beautiful colour.

L'Oréal Sublime Bronze One Day, £11.99

Washes off at the end of the day, and if you make any mistakes you can instantly reapply!

Johnson's Holiday Skin, £4.99

A moisturiser that very gradually produces a light, sun-kissed look, which is especially great for beginners.

SUNCREAMS

Apply sunscreen before any make-up, so that it's next to your skin.

ASDA Sun System Lotion SPF30, £3

The cream is cheap but effective, with a 5-star UVA rating

Boots Soltan Moisturising Suncare Lotion, SPF25, £8.99

Leaves skin feeling silky-soft all day.

Green People No Scent Sun Lotion SPF22, £15.65

Brilliant for sensitive skin, and it's made without any parabens, artificial perfumes or lanolin.

