

# **AVOIDING SKIN CANCER**

## **SKIN CANCER RISK LINKED TO PLAYING GOLF AND GARDENING**

Health experts are expressing concern about the way that skin cancer in males over 60 is rising rapidly. They believe this could be due to the fact that many of the men at risk are retired and so spend a lot of time outdoors in such pursuits as golfing and/or gardening. This puts them at risk of skin cancer if they have not used sun block or kept skin covered with clothing. The research results are to be presented to the World Congress on Cancer of the Skin which is soon to take place in Edinburgh.

## **TOMATOES CUT RISK OF PROSTATE CANCER**

A new report by researchers at Bristol, Cambridge and Oxford universities confirms the conclusions reached by earlier investigations showing that consumption of tomatoes does decrease the risk of prostate cancer by as much as 18%. Prostate cancer is the second most common cancer in men and causes about 10,000 deaths a year. The study clearly showed that the lycopene in tomatoes played a part in giving the protection from cancer. It is also noted that tomatoes that have gone through a processing system such as juicing or turning them into puree increases the protection above that afforded by eating the tomatoes fresh and unprocessed.

## **SKIN CANCER : SUNSCREEN CREAM ‘NOT COMPLETE PROTECTION’**

Research results have just been published by Manchester University that support the advice that to prevent the most dangerous form of skin cancer, malignant melanoma, sunscreen creams and lotions should be used in combination with other protection such as wearing hats and shading the skin with clothing. Melanoma is the fifth most common cancer in the UK and it is well known that it is caused by ultra violet light from the sun. Research has shown that even the sun block creams that claim to give the highest level of protection to the skin cannot be relied upon to prevent melanoma. Good sun safety habits are recommended whether out in the sun at home or abroad. In particular, care should be taken not to allow the skin to be burnt by exposure to the sun.

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