

Fact Sheet

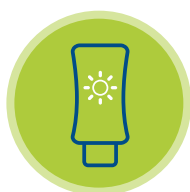


European Cancer
Patient Coalition



Developed with the support of the European Academy of Dermatology and Venereology Taskforces on NMSC and Occupational Skin Disease

7 January 2022



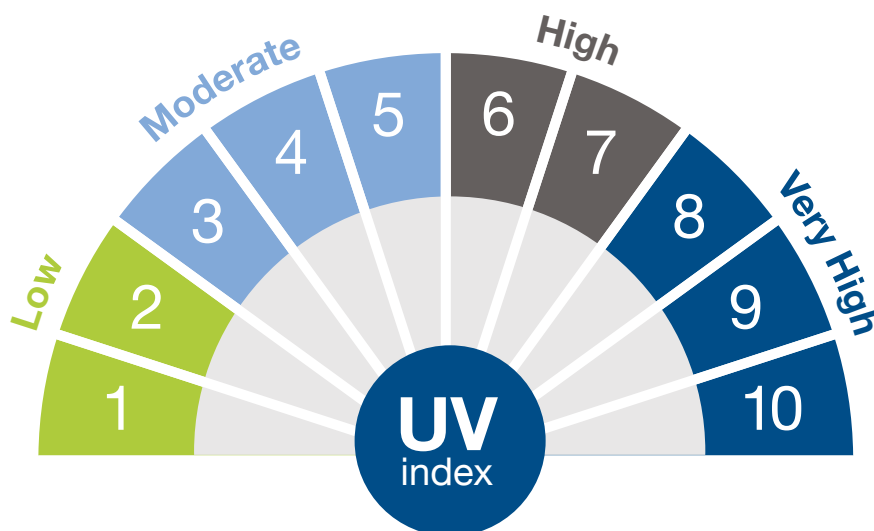
Prevention

Exposure to ultraviolet (UV) radiation is the most important external risk factor for the development of NMSC, and specific vulnerable groups (e.g., children, outdoor workers) are at higher risk of developing NMSC.¹

Preventive measures, such as primary prevention, education of workers and their employers, early detection, treatment and regular follow-up could not only reduce the costs, and be beneficial from a health economic perspective, but also increase the quality-of-life, functional ability and overall health of workers and their carers.

Given that the latency period of skin cancer is two, three or more decades, sun protection should already start with childhood. Therefore, the recommendations below apply to all ages.

Tailored prevention measures are therefore extremely important. Ahead of any outdoor activity, it is advised to check the UV index, which is a standardized unit used for measuring the strengths of sunburn producing UV radiation at a particular location.²



To prevent the development of skin cancer, it is best to adhere to the following protective measures³:

1 Wear sun protective clothing



- ✓ Cover as much skin as possible.
- ✓ Long pants and shirts with sleeves are best.
- ✓ A collar will protect the skin on the back of the neck.
- ✓ Choose lightweight, closely woven material.
- ✓ Avoid clothes that you can see light through.
- ✓ Choose loose fitting clothing to keep cool in the heat.

2 Wear a hat



- ✓ A hat should shade your face, ears and neck.
- ✓ A hat protects bald spots.
- ✓ For good protection, wear a hat with a brim of > 8cm/3 inches.
- ✓ Choose a flap that covers the neck and the ears or a “legionnaire”-style hat, in particular when a lot of bending is required.
- ✓ If wearing a helmet or hardhats, use a brim attachment or a “legionnaire”-style cover.

3 Wear sunglasses



- ✓ UV exposure damages the eyes.
- ✓ Close fitting, wrap-around-style sunglasses are best.
- ✓ You should look for sunglasses with eye protective factor (EPF) 10.
- ✓ You should use protective glasses that also provide sun protection.

4 For the remaining skin areas use protective sunscreen



- ✓ Buy sun creams that have a factor of 50 or higher to offer both UVB and UVA protection

How can patients ensure early detection of NMSC?⁴

	Skin cancer can develop very rapidly, therefore self check-ups are essential.		Regularly check all skin surfaces, including scalp, folds, genitalia, soles, fingernails.
	Use a hand-held mirror or ask someone to take pictures for inaccessible areas, such as the back of the neck, torso and limbs.		Look for any new lesions or any changes in old spots or moles.

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REFERENCES:

1. Surdu S, Fitzgerald EF, Bloom MS, et al. Occupational exposure to ultraviolet radiation and risk of non-melanoma skin cancer in a multinational European study. PLoS One. 2013;8(4):e62359. Published 2013 Apr 24. doi:10.1371/journal.pone.0062359
2. EADV Leaflet www.standerm.eu 3. Idem. 4. Idem.

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