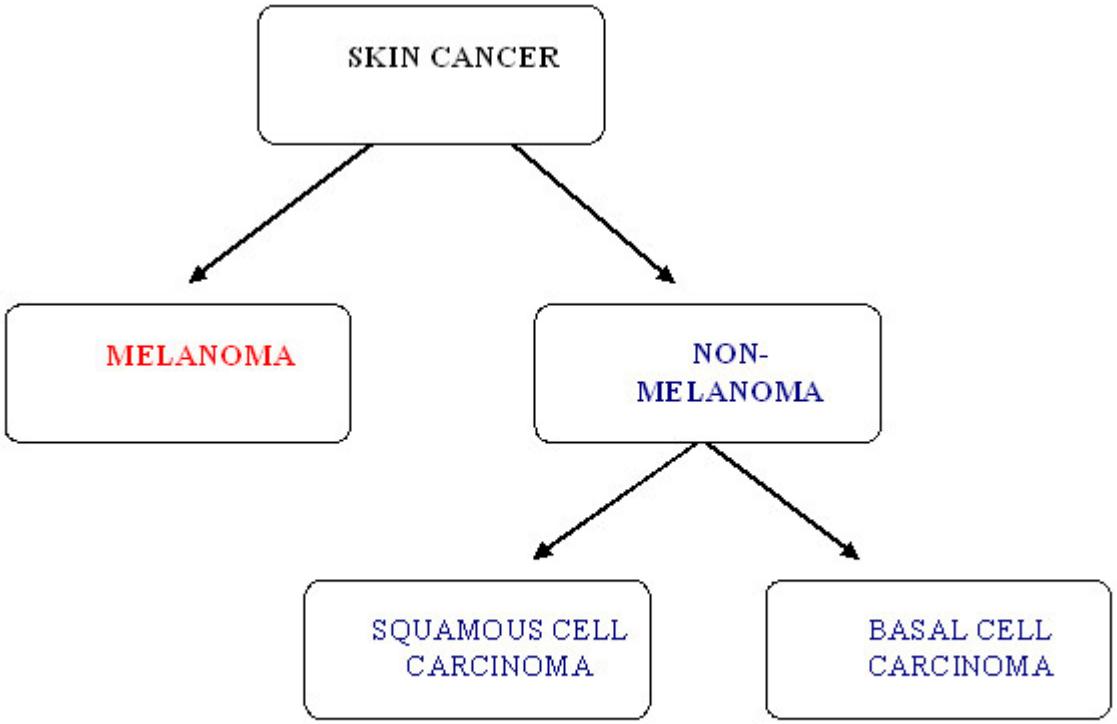
KERRY SKIN CLINIC
SKIN, HAIR + NAILS SPECIALISTS

Dr David Buckley
FRCGP, DP Dermatology
35 Ashe Street, Tralee, Co Kerry
066 7174066
reception@kerryskin.ie
www.kerryskinclinic.ie

Skin Cancers:

There are two main categories of skin cancer - melanoma and non-melanoma. Melanoma (also known as 'malignant melanoma') is less common than non-melanoma cancers, but is the most dangerous. Non-melanoma skin cancers are mainly comprised of 'Basal Cell Carcinoma' (BCC) and 'Squamous Cell Carcinoma' (SCC). BCC is the most common and the least dangerous. In the menu above are fact sheets about each of the different types of cancer.



Top sun safety tips

You don't have to avoid the sun all year, but taking a few steps when out and about in the summer sun or when on a sunshine holiday will help to protect you from sunburn and the risk of skin cancer.

- Protect the skin with clothing, including a hat, T shirt and UV protective sunglasses
- Spend time in the shade between 11am and 3pm when it's sunny
- Use a sunscreen of at least SPF 30 (SPF 50 for children or people with pale skin) which also has high UVA protection
- Keep babies and young children out of direct sunlight
- The British Association of Dermatologists recommends that you tell your doctor about any changes to a mole – if your GP is concerned about your skin, make sure you see a Consultant Dermatologist (on the GMC register of specialists), the most expert person to diagnose a skin cancer. Your GP can refer you via the NHS

For more information:

Dr David Buckley
FRCGP, DP Dermatology

35 Ashe Street, Tralee, Co Kerry
066 7174066
reception@kerryskin.ie
www.kerryskinclinic.ie

KERRY SKIN CLINIC
SKIN, HAIR + NAILS SPECIALISTS