



talkback

Tell us about the issues that concern you in your community

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FROM THE EDITOR'S DESK

SKIN cancer is certainly a hot topic at the moment.

It is thought that more than 2000 Australians each year die as a result of the disease.

According to federal Liberal MP Steve Irons, Australians have over 12 times the global average rate of skin melanoma, the highest in the world.

Sunscreen is perhaps the most common form of sun protection used by children. It's a great first defence, but only if used correctly.

Cancer Council Queensland has raised concerns about the incorrect application of sunscreen, especially following a recent report by JAMA Dermatology, which shows we could be doing better.

Basically, people need to realise there is a direct relationship between the thickness of application and the SPF – that means that there could be a substantially lower SPF than stated on the bottle.

Cancer Council Queensland suggests using at least one teaspoon of sunscreen per limb, front and back of the torso, and half a teaspoon on the face and neck.

A uniform coverage of sunscreen at a greater thickness will give you the best protection.

However, you need to remember that relying solely on sunscreen just won't work.

You need to be also be using sun protective clothing, a broad-brimmed hat, get in the shade during the hottest time of the day and use wrap-around sunglasses.

There is simply no shortcut to good sun protection.



PROTECT: Apply sunscreen in a thick, uniform way. Picture: THINKSTOCK