



## Sun smart tips

Summer has arrived, which means the heat and ultraviolet (UV) levels are rising.



UV radiation from the sun is our main source of vitamin D, but it is also the major cause of skin cancer. Under WA's summer sky, your skin can burn in as little as 15 minutes.

Skin cancer is largely preventable, and it is usually curable if caught early. It is important to take precautions when spending time outdoors, keep an eye on your skin and alert your doctor if any changes occur or you identify suspicious spots.

### WHY should I protect myself?

Australia has one of the highest rates of skin cancer in the world, typically due to UV exposure.

There are three types of skin cancer:

- ▶ Basal cell carcinoma
- ▶ Squamous cell carcinoma
- ▶ Melanoma

Sunburn causes 95% of melanomas, the most deadly form of skin cancer.

### WHEN should I protect myself?

Sun protection is needed when the UV index is forecast to reach 3 or above. The UV index tool indicates the UV level at particular locations throughout that day, and lets you know when sun protection is required.

The UV index is reported during news station weather updates, on the weather page of all Australian daily newspapers, the Bureau of Meteorology website, and some radio and mobile weather apps.

For the easiest access, download the SunSmart app on your smart phone to check real time UV index forecasts.

### HOW should I protect myself?

#### SLIP on sun protective clothing

- ▶ Cover as much skin as possible e.g. shirts with long sleeves and high neck/collars.

#### SLOP on SPF 30+ or higher water resistant sunscreen

- ▶ Ensure your sunscreen is broad spectrum and water resistant.
- ▶ Apply sunscreen liberally to clean, dry skin at least 20 mins before going outside.
- ▶ Reapply every 2 hours.

#### SLAP on a hat

- ▶ Aim for a broad brimmed hat which provides coverage for face, neck and ears which are common spots for skin cancer.

#### SEEK shade

- ▶ Staying in the shade whenever possible is an effective way to reduce your sun exposure.

#### SLIDE on some sunglasses

- ▶ Sunglasses and a broad brimmed hat worn together can reduce UV radiation exposure to the eyes by 98%. Wear Australian Standard (AS 1067) sunglasses outside during daylight hours.

Understanding the dangers and protecting yourself when you are out in the sun is the most effective way to reduce your risk of developing skin cancer. If you have a lesion or cut that doesn't heal, or a mole that has suddenly appeared, changed in size, thickness, shape and/or colour, see your doctor immediately. Early detection is key! Check your skin regularly and at minimum, see your GP or skin specialist for a check annually.

# Health travel tips

No matter your age or current health, it is important to consider your health and safety whenever and wherever you are travelling. Being prepared and planning your trip will help to prevent unfortunate consequences.

Things to consider before your travel:

- ▶ Quality and availability of food and water
- ▶ Quality and availability of the health and medical facilities at your destination
- ▶ Any vaccinations required for the region
- ▶ Climate and geography
- ▶ Pack a personal first aid kit
- ▶ Get travel insurance, if required (especially for overseas travel)
- ▶ Taking regular breaks from sitting if driving or flying long distances
- ▶ When driving, ensure you plan your trip, and allow enough time for traffic, and scheduled rest breaks.

Resource – [www.healthdirect.gov.au](http://www.healthdirect.gov.au)



## Date, cacao & coconut truffles

*The taste of Christmas, without the sugar.*

### Ingredients:

- ▶ 225g medjool dates, pitted
- ▶ 3 tsp almond butter
- ▶ 1 1/2 tbsp cacao powder, sifted, plus 1 tbsp extra
- ▶ 35g (1/2 cup) shredded coconut

### Method:

#### Step 1

Place dates, almond butter, cacao and coconut in a food processor. Process until mixture is finely chopped and comes together in a ball.

#### Step 2

Roll heaped teaspoons of mixture into balls. Place extra cacao on a large plate. Roll truffles in the cacao to lightly coat, shaking off any excess. Place in an airtight container and refrigerate until ready to use. Remove from fridge 10 minutes before serving.



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