

Sun Awareness

With spring finally underway and the long lazy days of summer tantalizingly close we all look forward to packing away our winter coats and soaking up some well deserved sunshine. But this year, please take a few moments to apply the advice given below by Leading Skin Cancer Surgeon Paul Banwell before you step outside.

Summer isn't just about shedding the layers of clothes and basking in the longed for heat - it's also about protection. Everyone should be aware of the simple ways in which to protect themselves and their family from the damage sunrays can cause if we expose ourselves with no protection. Skin cancer is on the increase and is no respecter of age or culture.

Tips from Paul Banwell:

- Sun awareness is vital and really does have an effect.

- Avoid the midday sun (between 11am and 3pm).
- Apply liberal amounts of sunscreen with a Sun Protection Factor (SPF) of 30+.
- Wear a hat, loose clothes (tightly woven) and sunglasses.
- The face and neck are the areas most commonly affected by sun damage, so be sure to apply sunscreen to lips, ears, around eyes, neck and scalp if your hair is thinning.

What should we look out for?

Look out for new or existing moles that are darkly pigmented, change in colour and/or size, have an irregular outline and itch, bleed or crust. If you are unsure or concerned that you may have one or more of these symptoms, visit your GP.

He or she will examine your skin and would be able to refer you to a Plastic Surgeon with a specialist interest in skin cancer.

McIndoe[®]
Surgical Centre

Be who you want to be with
McIndoe Surgical Centre.

World class plastic, cosmetic, and reconstructive surgeons are waiting to help you make that change, so you can feel great, look amazing and get on with life with renewed confidence. With McIndoe Surgical Centre closer than you think, it has never been easier to book a consultation or attend one of our free open evenings.

Nestled in the heart of West Sussex McIndoe offers discreet comfort and style with excellent care from top consultants and specially trained nurses.



**Cosmetic Surgery
Open Evenings**

5th May - East Grinstead
12th May - Brighton
10th June - East Grinstead
16th June - Tunbridge Wells

Talk to our experienced consultant surgeons and receive honest, impartial advice – so you can make an informed decision about what treatment is right for you.

Reserve your FREE space(s)
Call 0800 917 4922

Quote RH19-5

Member of
BHI Healthcare
THE COSMETIC SURGEON CENTRE

Holye Road, East Grinstead, West Sussex, RH19 3EB
www.mcindoesurgical.co.uk
or email info@mcindoesurgical.co.uk

McIndoe[®]
Surgical Centre

Call our helpline on 0800 917 4922

Health and Wellbeing