# Chris Evans Shares Skin Cancer Battle and Advocates Sun Protection on Virgin Radio Show



Broadcaster Chris Evans spoke candidly about his battle with skin cancer on his Virgin Radio show on Wednesday, as part of Skin Cancer Awareness Month. Evans, who was diagnosed with melanoma in August 2023, received the all-clear from doctors after treatment and surgery, retaining a scar on the back of his calf.

During the show, Evans was joined by consultant dermatologist Dr. Ellie Rashid, who provided listeners with sun protection advice. Evans credited a massage therapist for urging him to get a suspicious mole checked, leading to an early diagnosis.

Evans emphasized the importance of wearing UV protection clothing and using sunscreen diligently. Discussing his upcoming family holiday to Portugal, he shared plans to cover up with long-sleeve UV tops while swimming with his children.

Dr. Rashid advised that sunscreen should be liberally applied, particularly after swimming, and recommended wearing wide-brimmed hats. Evans also highlighted the Skcin app, which helps track skin changes and detect potential skin cancer signs.

Evans, who has four children with his wife Natasha, noted that he now feels informed and better prepared to protect himself from sun exposure.