# Record High in UK Skin Cancer Cases Prompts Suncream Warning



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In the UK, the number of skin cancer cases has reached an unprecedented high, prompting a suncream warning. Cancer Research UK (CRUK) estimates that 20,800 melanoma cases will be diagnosed this year, up from an average of 19,300 cases annually between 2020 and 2022.

Over the past decade, diagnosis rates for melanoma rose by nearly a third, from 21 to 28 cases per 100,000 people. This increase is attributed to an ageing population and heightened awareness of skin cancer symptoms. Specifically, individuals over 80 have seen a 57% increase in diagnoses, while those aged 25 to 49 have experienced a 7% rise.

Approximately 90% of melanoma cases are linked to excessive exposure to ultraviolet (UV) radiation, making preventive measures crucial. CRUK suggests using sunscreen with at least SPF 30, wearing protective clothing, and staying in the shade, particularly between 11 am and 3 pm. The organization emphasizes that early detection significantly improves survival rates. Michelle Mitchell, CRUK’s chief executive, underlined the importance of early diagnosis and research in improving survival rates.

Additionally, CRUK highlights that societal factors such as increased travel and sun exposure contribute to rising melanoma cases. Despite the surge in diagnoses, melanoma survival rates continue to improve, with nearly 90% of diagnosed individuals in England expected to survive for at least ten years.

Dr. Claire Knight from CRUK noted that sunburn just once every two years can triple the risk of developing skin cancer. Therefore, consistent sun protection is advised, regardless of weather conditions.

This information underscores the need for heightened vigilance during the summer months and awareness of the potential risks associated with UV exposure.