

## **PRESS RELEASE**

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### **KEEP YOUR SHIRT ON AND 'COVER UP MATE' THIS SUMMER**

Men in Wiltshire who spend a lot of time outside are being urged to 'Cover up Mate' this summer to protect their skin and reduce their risk of developing skin cancer.

Cover up Mate is a national campaign targeting men who work outside including farmers, builders, sportsmen and gardeners, because they are much less likely than women to slap on the sun cream.

Dr Peter Jenkins, Chair, Wiltshire Clinical Commissioning Group said, "A sun tan is a sign of damage to the skin, and sunburn increases your risk of developing skin cancer later in life. Outdoor workers such as farmers or those working in the construction industry often just want to get on with the job, but they may end up paying the price for not protecting their skin."

Summer is a busy time for farmers especially when the sun is shining, making it easy to forget what damage it can do to your skin. Local farmer, Anthony Hues is supporting the Cover up Mate Campaign, and said, "It really is a case of making hay while the sun shines for farmers and it makes a change to work outside in the good weather rather than the rain! Cover up Mate has made me realise how important using sun cream is and I owe it to myself and my family to take the risk of skin cancer seriously and will definitely be slapping on the sun cream in future."

Dr Jenkins continues: "We don't want to put anyone off enjoying the sun, but it's important to remember to take some quick simple precautions to lower the risk of skin cancer and be sun safe."

Top sun safe tips include:

- Use at least factor 15 sunscreen with 4 stars and use plenty of it
- Apply sunscreen to all exposed skin – don't forget your neck and ears and your head if you have thinning or no hair
- Wear sunglasses and a hat
- Get to know your skin and check on a monthly basis to detect any change in the colour or size of moles. If you are concerned that a mole is changing you should see your GP in the first instance. The sooner a cancerous mole is discovered the better the chance of successful treatment.