



**Cancer Society New Zealand
Te Kāhui Matepukupuku o Aotearoa**

National Office
Level 2, Red Cross House
69 Molesworth Street, Thorndon
PO Box 12700
Wellington 6011

Telephone: 64 4 494-7270
Facsimile: 64 4 494-7271

Websites: www.cancernz.org.nz
www.daffodilday.org.nz
www.relayforlife.org.nz
Email: admin@cancer.org.nz

MEDIA RELEASE

Friday 22 May, 2009

Get some winter sun

The Cancer Society advises that when ultraviolet radiation (UVR) levels are high, sun protection is required because that is when the sun can damage skin and eyes and lead to skin cancer. However, average UVR levels from now until the end of August are low so sun protection isn't usually needed unless you are in alpine areas or near highly reflective surfaces such as snow or water.

According to Dr Judith Galtry, the Cancer Society's Skin Cancer Advisor, "over the winter months, we recommend that people put their sun hats and sunscreen away. Early childhood services and schools do not need to implement their usual sun protection policies over this time. We suggest that children exchange their sunhat for a warm hat from May until September."

To help maintain vitamin D levels during the winter months, the Society recommends that people expose their face, arms and hands (or equivalent area of skin) to the sun for two to three hours a week. Adults and children with naturally dark skin may need up to three to six times this exposure.

Remember that sun protection is needed again from September as people commonly get caught out and suffer sunburn in spring as UVR levels can rapidly rise then.

A special note for skiers: remember to protect yourself with a good hat, sunglasses and regularly reapply broad-spectrum, SPF 30+ sunscreen when on the slopes.

For further information contact:

Dr Judith Galtry
Skin Cancer Advisor
04 494 7196 or 0274 583 484.

Lynne St.Clair-Chapman
National Communications Manager
04 494 7195 or 0274 444 150