



Health Tip

Tom Klinge: Sun Damaged Skin

Three thousand Australians die of melanoma each year. A similar number die of other sun related cancers. 70% of Queenslanders suffer some form of skin cancer and these alarming statistics are expected to rise exponentially.

Sun related skin injury/damage in many instances occurs when we are children, so make sure your kids are always protected and lead by example!

Much of the damage is avoidable, so before going outdoors ensure you prepare using the following simple precautions against the damaging ultraviolet light:



Tom Klinge after applying chemotherapy cream to poison precancerous sunspots in order to avoid surgery

- Wear a long sleeved shirt with high collar and a thick weave, & wear long pants
Wear a hat with a wide brim. Avoid baseball caps as they do not provide adequate protection to the ears and the back of the neck.
- Protect your feet – thongs and sandals provide no protection.
- Sunscreen Protection Cream and Lip Block, (reapply regularly i.e. at least every 4 hours)
- Wear sunglasses to protect eyes and the skin of the eyelids.
- When at the Swimming Pool, Beach or other outdoor leisure activity ALWAYS consider
 - Total time of exposure
 - The time of day, *avoid the middle of the day*

Tom's medical specialist¹ indicated that there 'is no such thing as a healthy tan', a person's annual vitamin D requirements can be met by roughly 10 minutes exposure to the Queensland sun each year. Any further sun exposure is doing harm.

A TRAP FOR THE UNWARY: Cloudy days feel cool as the cloud cover effectively blocks infrared light (heat), but the ultraviolet light which causes cancer is hardly blocked at all unless it is raining.

Prevention of sun cancer is much more effective than any known treatment, please play and work safer in the Sun.

'Eliminate all Unsafe Acts'

Tom Klinge
Managing Director Klinge & Co

28/10/04 HealthTip06 SunSpot Warning incl disclaimer1.doc

¹ Thanks to Dr. Mark Saywell MB, BS(Qld) F.A.C.D. for assisting to compile this Health Tip

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