

HEAR *Health Evidence Awareness Report*

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In Ireland an average of
9,512 cases of Non Melanoma Skin Cancer (NMSC)
&
913 cases of melanoma skin cancer
are diagnosed per year

[Annual report of the National Cancer Registry 1994-2013](#)

Welcome! Focus on Skin Cancer

HEAR is the result of a collaboration between librarians in a number of hospitals and health care settings across Ireland.

This newsletter contains information for patients, families and carers with links to support groups & organisations, books, multimedia and patient education.

Other sections include links to clinical articles, guidelines and UV information. Our first sight of summer is always exciting but even in the relatively mild Irish sunshine, our skin can be damaged if we don't take precautions.

The sun of course is a great natural source of Vitamin D so



we shouldn't avoid it. Instead, we should take the necessary precautions and get out and enjoy it safely as much as possible.

There are many excellent and reliable sites that will provide you with "Do's and Don't's" and we have pulled together some of their top tips and advice.

We'd love to hear from you, so if you have any comments or suggestions for future issues, please send your emails to: HEAR@hslg.ie

Did you know? Fast Facts on Skin Cancer

- * Most cases of skin cancer are caused by UV rays from the sun
- * Using a sunbed greatly increases your risk
- * In Ireland, more women are diagnosed with skin cancer but more men die from it
- * Sunscreen should be applied about 30 minutes **before** going outside
- * Babies under 6 months should always be kept in the shade

Patient Education & Information

[Skin Cancer](#) information from Irish Cancer Society

[Skin Cancer \(Non-Melanoma\)](#)

[Melanoma](#) – Information from Macmillan

[Melanoma an overview:](#) by British Association of Dermatologists

[What is Skin Cancer?](#) Information from The Irish Skin Foundation

[Non-Melanoma Skin Cancer](#) - information on the HSE A-Z

[Skin Cancer](#) by Irish Association of Plastic Surgeons

[Skin Cancer the Facts](#) - Marie Keating Foundation

[Melanoma](#) - NCCN Patient and Caregiver Resources

**Irish Cancer
Society
Nurseline
Freephone**

1800 200 700

**Mon-Fri
9am-5pm**

**Email a Cancer
Nurse directly at
[cancernurseline
@irishcancer.ie](mailto:cancernurseline@irishcancer.ie)**

Support & Advice Groups

Irish Cancer Society Support & Services [list of local support groups](#)

Irish Cancer Society www.cancer.ie

Skin Cancer Foundation <http://www.skincancer.org/#>

Macmillan cancer support <http://www.macmillan.org.uk/>



Health Bytes

Katta, Rajani, and Danielle Nicole Brown (2015). "[Diet and Skin Cancer: The Potential Role of Dietary Antioxidants in Nonmelanoma Skin Cancer Prevention.](#)"

Journal of skin cancer doi: 10.1155/2015/893149. Epub 2015 Oct 25.

Bronsnick, Tara, Era Caterina Murzaku, and Babar K. Rao, (2014) . "[Diet in dermatology: Part I. Atopic dermatitis, acne, and nonmelanoma skin cancer.](#)"

Journal of the American Academy of Dermatology, 71.6, 1039-e1.

Murzaku, Era Caterina, Tara Bronsnick, and Babar K. Rao (2014). "Diet in dermatology: Part II. Melanoma, chronic urticaria, and psoriasis."

<http://www.sciencedirect.com/science/article/pii/S0190962214015771> Journal of the American Academy of Dermatology, 71.6, 1053-e1.

Gamba, Christina S., et al (2013). "[Low-fat diet and skin cancer risk: the women's health initiative randomized controlled dietary modification trial.](#)"

Cancer Epidemiology Biomarkers & Prevention, 22.9, 1509-1519.



[About Skin Cancer](#)

Video from the Irish Cancer Society

[What is Skin Cancer –](#)

Video from Macmillan Cancer Support

Videos on coping with financial worries re cancer from Macmillan Cancer Support



Books and Multimedia

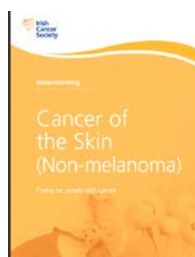
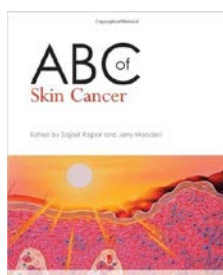


[Skin Cancer and Sun Safety](#)

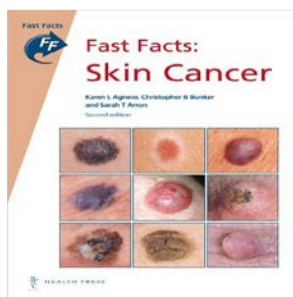
Easy Read NHS booklet

[ABC of Skin Cancer](#)

S. Rajpar, J. Marsden
2008



[Cancer of the Skin Non Melanoma](#) –
Irish Cancer Society



[Fast Facts Skin Cancer](#)

Karen Agnew,
Christopher Bunker 2013

Rapid Rounds

Fort, M., Guet, S., Colson-Durand, L., Auzolle, C. and Belkacemi, Y. (2016) [Role of radiation therapy in non-melanoma cancers, lymphomas and sarcomas of the skin: Systematic review and best practice in 2016](#), Critical Reviews in Oncology/Hematology, 99, 200-213.

Huggenberger, I. K. and Andersen, J. S. (2015) [Predictive value of the official cancer alarm symptoms in general practice--a systematic review](#), Dan Med J, 62(5).

Wu, S (2015) [Do mutations in BRCA1/BRCA2 confer a higher risk of skin cancer](#); The British Journal of Dermatology, 172 (6) 1473-1473.

Caini, S. et al (2015); [Telomere length and the risk of cutaneous melanoma and non-melanoma skin cancer: a review of the literature and meta-analysis](#); Journal of Dermatological Science, 80 (3), 168-74

Chan, A., Cameron, M. C., Garden, B., (2015) ['A systematic review of patient-reported outcome instruments of dermatologic adverse events associated with targeted cancer therapies'](#), Support Care Cancer, 23(8), 2231-44.

Contact your hospital/healthcare librarian if you have any difficulty locating full text for these or any other articles.

“Healthcare Librarians – making evidence evident”



Guidelines

[Melanoma: assessment and management NICE guideline 2015](#) NICE

[Sunlight exposure: risks and benefits](#), NICE guideline 2016

[Sunlight Exposure risks & benefits overview](#) NICE pathway

[Skin cancer overview](#): NICE pathway

[Cutaneous Melanoma: ESMO clinical practice guidelines for diagnosis treatment and follow up](#) 2015

[Follow-up of Patients with Cutaneous Melanoma who were Treated with Curative Intent](#). Cancer Care Ontario Guideline, 2015

Irish Authored Reports and Research

Flannery C., Burke L. A. (2015) [Risky sun tanning behaviours amongst Irish University students: a quantitative analysis](#). Published online Dec 2015

Hajdarevic, Senada, et al. "[Awareness of sunburn in childhood, use of sunbeds and change of moles in Denmark, Northern Ireland, Norway and Sweden](#)." The European Journal of Public Health (2015): ckv112.

Kiely AD., de Faoite T., (2014) [Sun protection awareness and practice among an adult general practice population](#). Irish Medical Journal, Sep. 2014

Buckley D., McMonagle C., (2014) [Melanoma in primary care. The role of the general practitioner](#). Irish Journal of Medical Science, 183 (3), 363-8

Donnellan P., Bambury R (2012) [Ipilimumab in metastatic malignant melanoma: The Irish experience](#). Journal of Clinical Oncology, 30(15), Supplement e19059

Crowley T., Murphy M. [Does Social Marketing Have a Role in Skin Cancer Education and Prevention?](#) Book Chapter in *Innovations in Social Marketing and Public Health Communication: Improving the Quality of Life for Individuals and Communities* Edited by Walter Wymer

Follow our blog:
<https://hslgblog.wordpress.com/>

Be Sun Safe

[Sun Smart Code - Know your Skin](#)

[Be Smart Be Sun smart leaflet](#)

[Stay safe in the sun to reduce your cancer risk NCCP information booklet](#)

5 main Tips

Stay in the shade

Wear Sunglasses

Use Sunscreen

Cover up and wear long sleeves

Wear a hat with a brim



In the News

Newspapers

[Skin cancer: 'I've seen the effects of skin cancer, and I am happy to be whiter than Casper if it means I get to live'](#), Irish Times, June 2015

"Skin cancer cure hope for millions as major treatment breakthrough sees man's tumours disappear 'completely'." Daily Mirror, May 31 2016.

Click [here](#) to link to the story behind the headlines.

Health Today Radio: melanoma – Imogen's story
<http://www.nhs.uk/video/Pages/health-today-radio-programme24-melanoma-imogen.aspx>

TedTalks:

The skin 'beauty' and the sun 'beast': Charareh Pourzand at TEDxBathUniveristy <https://www.youtube.com/watch?v=60e-t4zqlBk>

Engineering micro-RNA to cure skin cancer | Larry Zhang | TEDxMileHigh <https://www.youtube.com/watch?v=be03wd-5Klc>



Tweets

@ClevelandClinic "Most melanomas are black or brown, but they may also be skin-colored, pink, red or purple. In men, #melanoma tends to appear on the trunk."

@med_indonews "Ireland has possibly highest incidence of #uveal #melanoma in the world — study <http://ow.ly/ZB1t300DNII> #Ophthalmologists #Ophthalmology https://twitter.com/med_indonews/status/737600789024112641"

@SkinCancerOrg Our mission is to decrease the incidence of skin cancer through education, medical training, and research.

@LiveSunSmart
Live SunSmart Foundation (formerly the Ray Festa Melanoma Foundation) is committed to educating everyone on the importance of living #SunSmart <https://twitter.com/LiveSunSmart>

UV Index – [MET Eireann](#)

UV Index			
Index	Level	Advice	Description
1	Low	No Protection Required	You can stay safely outside.
2	Low	No Protection Required	
3	Moderate	Protection Required	Seek shade during midday hours. Apply sunscreen and cover up with protective clothing.
4	Moderate	Protection Required	
5	Moderate	Protection Required	
6	High	Protection Required	
7	High	Protection Required	
8	Very High	Extra Protection Required	Avoid being outside during midday hours. Make sure to seek shade. Always wear sunscreen and protective clothing .i.e. Shirt, hat.
9	Very High	Extra Protection Required	
10	Extreme	Extra Protection Required	
11+	Extreme	Extra Protection Required	

Irish Cancer Society – If the UV Index is 3 or more, it is important to follow the Sun Smart Guidelines

Images sourced from Irish Cancer Society, MET Eireann, Amazon and Pixabay

[UV Index](#)

DISCLAIMER

This newsletter contains information about Skin Cancer and Melanoma

The information is not advice and should not be treated as such.

This month's issue was compiled by a collaborative group of health librarians. We are: **Joanne Callinan**, Milford Care Centre; **Marie Carrigan**, St. Luke's Radiation Oncology Network; **Bernadette Colley**, Temple St. University Hospital; **Isabelle Delaunois**, University Hospital Limerick; **Catherine Dillon**, HSE; **Grace Hillis**, Daughters of Charity Disability Support Services; **Aoife Lawton**, Dr. Steeven's Hospital; **Anne Madden**, St. Vincent's University Hospital; **Margaret Morgan**, Midland Regional Hospital Mullingar; **Caroline Rowan**, St. Michael's Hospital; **Niamh O'Sullivan**, IBTS.