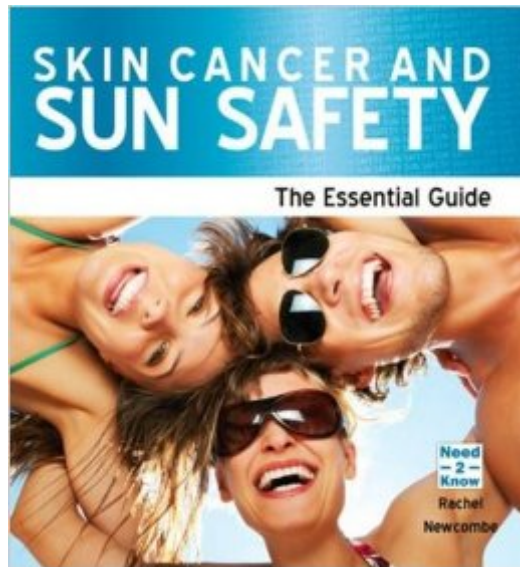


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# Skin Cancer And Sun Safety - The Essential Guide



## Synopsis

Voted 5 star by Macmillan cancer patients and survivors who reviewed it. Each year we are warned about the dangers of UVB rays and how important it is to protect ourselves from the damaging effects they have on our skin. Up to 90% of skin cancer could be prevented if we were more aware of sun safety issues. *Skin Cancer and Sun Safety: The Essential Guide* aims to provide expert advice and the latest research on sun safety and the treatment of skin cancer. There are chapters on how to use sunscreen, how a diagnosis of skin cancer is made and ways the skin can be treated during and after cancer. Subjects included are the different types of skin cancer, risk factors, the emotional effects of skin cancer and aftercare, plus up-to-date, straightforward information on sunscreen, sun beds and treatments. There are also lots of practical tips for staying safe in the sun. Whether you have just been diagnosed as having sun damaged skin or want advice on protecting yourself and your family in the sun, this guide provides the essential information. Author: Rachel Newcombe

## Book Information

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