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## Skin Cancer and Sun Safety: The Essential Guide

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By Rachel Newcombe

Need2Know. Paperback. Book Condition: new. BRAND NEW PRINT ON DEMAND., Skin Cancer and Sun Safety: The Essential Guide, Rachel Newcombe, Skin cancer has become one of the most common forms of cancer in the UK and, worryingly, malignant melanoma the most serious type is now the most common cancer for those aged 15 to 34 years old. But cases can be prevented, if more attention is paid to sun safety issues. This book brings together important research on both skin cancer and sun safety, exploring the major risk factors for skin cancer, what can be done to reduce the risk of developing the disease and why its important for everyone to become more adept at protecting their skin. Written in a friendly and approachable manner, this book explores topics such as the different types of skin cancers, how to recognise the very first symptoms, the importance of regularly checking your skin for changes, how to choose and use sunscreen, the dangers of sunbeds and what happens if you are diagnosed with skin cancer. Whether youre worried about the dangers of tanning, want to do more to protect your skin or have already experienced the effects of skin cancer, Skin Cancer...



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