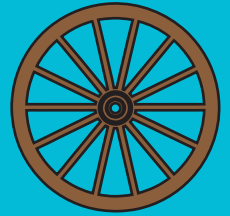




Pavees stay safe: Dangers of Sunbeds and Melanotan



Be SunSmart

www.hse.ie/sunsmart

About Sunbeds

A sunbed makes UV rays like the sun but is much stronger. There is no safe way to use a sunbed.

Using sunbeds can damage your health and cause:

Skin cancer can look like a pink patch, pink lump, brown mole or freckle on the skin



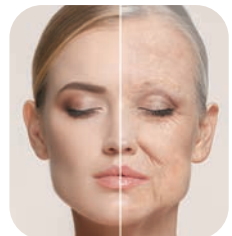
Sunburn



Age spots, dark spots, freckles



Wrinkles and other signs of premature ageing



Leathery skin



Make the right choice

Using sunbeds increases your risk of getting skin cancer. The earlier you start and the more often you use a sunbed, the greater the risk.

- A suntan is a sign that your skin is damaged by dark spots the sun or sunbeds.
- It is **NEVER** safe to use a sunbed.

- Fake tan or spray tanning products are safer choice than sunbathing or sunbed use



- Remember when in the sun, sunscreen must be put on the skin not covered.
- It is against the law to allow people under the age of 18 to use, hire or buy sunbeds in Ireland.



Melanotan is illegal

Melanotan (1&2) is known as the Barbie Drug. It makes your skin tan and go dark.

Melanotan is being sold as an injectable powder, nasal spray or drops.



Melanotan is illegal to sell in Ireland. It is an unlicensed drug and is not safe to use.

Melanotan is not safe to use and is a risk to your health. We do not know how it affects unborn babies if the mother is using melanotan during pregnancy.

Side effects of Melanotan are:

- Feeling sick and vomiting
- Low blood pressure
- Kidney damage
- Changes in how freckles/moles look (can sometimes be a sign of skin cancer)

If you have used Melanotan, you should stop. Injecting Melanotan into your skin has risks to your health. Never share needles

Talk to your GP if you have shared needles with someone or if you are worried about side effects.

Children and skin cancer

Children's skin is more delicate than adults' skin. This means they burn more easily and their skin is more easily damaged by the sun and from sunbeds. Even on cloudy days, the sun can still cause harm, so wearing sunscreen, clothing, and sunglasses helps keep children safe.



Keep babies up to 6 months old out of direct sunlight and in the shade to prevent skin cancer in later life. For children up to 1 year old, it is best to keep them in the shade and wear clothing that covers their skin when outdoors.



Follow the SunSmart 5 S's to reduce your risk of skin cancer



Slip on clothing that covers
your skin



Slop on sunscreen using factor
30+ for adults and 50+ for children



Slap on a hat with a wide brim that
covers your face, ears and neck



Seek shade – especially if outdoors
between 11am and 3pm



Slide on sunglasses

Do not deliberately try to get a suntan.
Avoid getting a sunburn. Never use a sunbed.

Get to know your skin and moles

Get to know what your skin and moles normally look like. That way, you'll notice any changes more easily. Check your skin regularly including the parts you cannot see easily such as your back, neck and top of head.

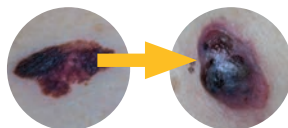
Call your GP/doctor TODAY if you notice any of the following:

A new mole

A mole that looks different to the other moles that you have



A change in the size, shape or colour of a mole that you already have



A mole that is often itchy or bleeding



A change to a normal patch of your skin, like a new dark spot on your skin



A dark coloured line or patch under your nail, or any abnormal skin under your nail



If you notice a new or changing mole or growth on your skin, contact your GP/doctor without delay.

**For more information visit:
www.hse.ie/sunsmart**

Contact your local
Traveller Primary Health Care Project
for more information and support.

www.paveepoint.ie/

For information on dangers of Melanotan
visit Health Products Regulatory Authority
website at: www.hpra.ie