



Sun, Skin and Health

Terry Slevin

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Skin cancer is on the rise. Two in three Australians will develop skin cancer before the age of 70. The good news is that skin cancer is one of the most preventable forms of cancer. This book brings together leading experts in various aspects important to the sun, health and skin cancer – prevention, diagnosis or treatment and what happens after.

The major cause of skin cancer is exposure to ultraviolet (UV) radiation from the sun but other factors can increase or reduce your risk of skin cancer. Over 95% of skin cancers can be successfully treated if found early.

Beginning with an explanation of what skin cancer is and how it forms, *Sun, Skin and Health* then discusses ultraviolet radiation and how to protect yourself, the effects of tanning, myths and truths about sunscreen, getting enough Vitamin D, early detection and treatment. It is a must-read for anyone who has had an experience with skin cancer, or who is at higher risk of the disease.

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