News From…

The Australasian College of Dermatologists

‘Sun Smart’ is about being ‘Sun Sensible’

Australia’s leading body for the diagnosis of skin disease is urging Australians to be sensible in the sun, in order to provide the body with enough Vitamin D, without increasing the risk of skin cancer.

The Australasian College of Dermatologists (ACD) has joined with medical experts from the Cancer Council, Osteoporosis Australia and the Australian and New Zealand Bone and Mineral Society to release new guidelines, addressing the public’s confusion about Vitamin D deficiency.

The Honorary Secretary of the ACD, Dr Stephen Shumack, says most people already get enough vitamin D through typical outdoor daily activity.

“Only small sections of the community may face long term health problems due to a lack of vitamin D; among them, those who are housebound or in institutionalized care, as well as people with very dark skin,” says Dr Shumack.

“What the new advice takes into account is the intensity of the sun in different parts of Australia.

“Those living in places like the Northern Territory, Queensland and parts of Western Australia need to protect themselves from the sun all year round as UV index levels remain consistently high. However those living in southern states may not need sun protection in winter.

“It’s important to take individual circumstances into account when considering the level of exposure to the sun without protection,” adds Dr Shumack.

Every year around 1500 Australians die from skin cancer, and one in two Australians will develop skin cancer in their lifetime.

MEDIA INQUIRIES

Dr Stephen Shumack
Honorary Secretary
The Australasian College of Dermatologists
(0418) 212 576

or

Alison Crew
S2i Communications
(0412) 394 996