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Focused on your swing? Don't forget your skin!

*Skin cancer is our fastest growing cancer
To protect your skin remember the following:*

- Slip sunscreen (SPF30+), sunglasses, a hat & large umbrella in your kit bag (and use them!)
- Slap on sunscreen 20 minutes before teeing off
- Re-apply every two hours or around the 9th hole depending on your pace
- Use a sunblock stick to protect lips, nose & ears
- Check skin for changes every month and if you have a concern visit your GP immediately

Be vigilant, especially if you're prone to burning, have lots of moles or have a family history of skin cancer.

For further sun protection tips and advice on skin checking visit
www.melanoma-fund.co.uk/golf

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