

Preventable skin cancer up in Canada, study says

May 28 2014

Melanoma cases are rising in Canada even though most other cancer rates are falling, a leading anti-cancer organization warned Wednesday, blaming tanning beds and slipping sunscreen use outdoors.

The Canadian Cancer Society said an estimated 6,500 new cases of [malignant melanoma](#) and another 76,100 cases of non-melanoma skin cancers are expected to be diagnosed in this country in 2014.

Melanoma is the deadliest form of skin cancer, with 1,050 Canadians expected to die from it this year, it added.

"Melanoma [skin cancer](#) is one of the fastest rising of all cancers in Canada," the organization said.

But it is also "one of the most preventable types of cancer."

The Canadian Cancer Society's research examined cancer trending since 1986. It cited surveys that found Canadians are spending more time in the sun without adequate protection.

The Canadian Cancer Society also blasted the use of high-output UV [tanning beds](#) it says emit radiation "many times more than natural sun at midday in summer."

The organization recommended not tanning indoors, and wearing hats, sunglasses, protective clothing and sunscreen outdoors. It also

recommended seeking shade, and planning outdoor activities before 11:00 am or after 4:00 pm.

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Citation: Preventable skin cancer up in Canada, study says (2014, May 28) retrieved 19 April 2024 from <https://medicalxpress.com/news/2014-05-skin-cancer-canada.html>

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