Promote Melanoma Prevention through Sun Protection

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Abstract

Sunscreen use may result in prolonged duration of intentional or recreational sunlight exposure and may increase the total amount of UVR. Therefore, it is reasonable to consider that only sunscreen use is not adequate for sun protection, other methods should be along with sunscreens.

Sunbeds or indoor tanning has been gained popularity since the early 1980’s in the western world, especially in the sun-deprived areas. UVA dosages delivered by sunbeds are 5-15 times more than that is delivered by the summer midday sun in Mediterranean region. Indoor tanning before age 35 increases a person’s risk of getting melanoma by 75 percent. Exposure to UV light from both the sun and sunbeds is the most important preventable and also modifiable risk factor from MM.

Keywords: sunscreen, melanoma, MM, prevention, sun protection
Larger molecular, non-toxic/non-allergic, broad spectrum sunblockers – improved formulas – and also optimal use directions are necessary

(Modern sunscreens may be about four-fold more effective in preventing cutaneous MM than old sunscreens)

Key Points

- Sunscreens should not be used to prolong the amount of time spent in the sun
- Clothing, hats and sunglasses should be used as an adjunct to, not a substitute for sunscreen against the harmful effects of UVR
- Those at high risk of cutaneous MM may possibly benefit from consistent, daily use of broad-spectrum sunscreen

Conclusion

Although the controversy is ongoing about the efficacy of sunscreens in melanoma prevention and evidence is currently not enough, we should encourage their use as well as other sun protection strategies[1-13].

References