Melanoma Facts You Should Know

Melanoma is the most serious and deadly type of skin cancer.

The numbers of new cases are rising.

Melanoma increases with age.

The average number of deaths attributed to melanoma is 12 per year.

Skin cancer is mainly caused by excessive exposure to UV radiation from the sun.

Only 50% of Maltese regularly use sunscreen for outdoor leisure activities.

This drops to just under 10% for those working in the sun!

Check your UV index daily!

- **UV Index 12**: No protection required. You can safely stay outside.
- **UV Index 3 to 5**: Protection required. Seek shade during midday hours. Slip on a shirt, a cap, and use sunscreen.
- **UV Index 6 to 7**: Extra protection required. Avoid being outside during midday hours. Make sure you seek shade. Wear a shirt, sunscreen, and a hat.

DHIR - Department of Health Information and Research