

# Irish Cancer Prevention Network



An tSeirbhís Náisiúnta Scaghtástála  
National Screening Service

## Newsletter July 2022

Welcome to the Irish Cancer Prevention Network (ICPN) newsletter. This quarterly newsletter shares with you cancer prevention facts and initiatives.

You can contact the ICPN at [prevention@cancercontrol.ie](mailto:prevention@cancercontrol.ie) to share your cancer prevention initiatives.

## ICPN Steps to Reduce your Cancer Risk: Facts

Each individual's risk of getting cancer is influenced by a wide range of factors. Things that we can't change (like our age and genetics) and things that we can change (like what we eat, whether we drink alcohol, exercise, and protect our skin from the sun).

However, **we can all take steps to reduce our risk of cancer.**

The ICPN Steps to reduce your cancer risk poster can be downloaded [here](#).

## Steps to reduce your cancer risk: Skin Protection<sup>1, 2, 3, 4</sup>

Skin cancer is the most common form of cancer in Ireland.

Ultraviolet (UV) radiation is the main risk factor for skin cancer. UV radiation is a type of energy that comes from the sun and artificial sources like sunbeds. Unprotected exposure to UV radiation damages DNA which can lead to skin cancer.

1. International Agency for Research on Cancer Working Group. The association of use of sunbeds with cutaneous malignant melanoma and other skin cancers: a systematic review. *Int J Cancer* 2006; 120: 1116–22.
2. International Agency for Research on Cancer. Radiation Volume 100D A review of human carcinogens. Lyon: International Agency for Research on Cancer: 2009.
3. Wild CP, Weiderpass E, Stewart BW, editors (2020). World Cancer Report: Cancer Research for Cancer Prevention. Lyon, France: International Agency for Research on Cancer. Available from: <http://publications.iarc.fr/586>.
4. Healthy Ireland (2019) Skin Cancer Prevention Plan 2019-2022. Department of Health

There are 2 main types of UV rays that damage our skin:

- UVA has a longer wavelength, and is associated with skin ageing.
- UVB has a shorter wavelength and is associated with skin burning.

Both UVA and UVB are linked to the development of skin cancer.

Exposure causing sunburn is the most damaging, but frequent non-burning exposures also significantly increase the risk of skin cancer. UV damage is cumulative. The more UV you're exposed to, the greater your risk.

In Ireland, the sun's UV radiation levels are usually high from April to September. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11:00am-3:00pm, even when it is cloudy. You can check the daily UV index on the Met Eireann website ([www.met.ie/uv-index](http://www.met.ie/uv-index)).

To reduce the harm from UV radiation and risk of skin cancer, protect skin from the sun by following the SunSmart 5 S's.

The most common source of artificial UV is the use of sunbeds. Sunbeds work by exposing the user to very high levels of UV radiation. There is no safe limit for exposure to UV from sunbeds. Those who use sunbeds are at increased risk of developing skin cancer.

For more information and resources visit the **HSE SunSmart hub** [www.hse.ie/SunSmart](http://www.hse.ie/SunSmart).

### Damaging effect of UVA and UVB

- UVA rays longest wavelength
- Associated with ageing and wrinkles
- Reach the deepest layer of the skin called the "Dermis"
- Can penetrate clouds and even glass

- UVB rays shorter wavelength
- Associated with skin burning
- Reach the top layer of skin called the 'Epidermis'

Both UVA and UVB can damage DNA in the skin which can lead to skin cancer.

-  **S**lip on clothing that covers your skin, long sleeves, collared t-shirts
-  **S**lop on sunscreen on exposed areas using factor 50+ for children
-  **S**lap on a wide-brimmed hat
-  **S**eek shade - especially if outdoors between 11 am and 3 pm
-  **S**lide on sunglasses to protect your eyes

**Be SunSmart**    

# Cancer Prevention Initiatives

## Supporting People to Stop Smoking

Health and social care professionals have a unique first line and on-going role with patients about their health. You understand their needs and you are a trusted and influential source of advice for interventions to improve their health, including health behaviour change to stop smoking.

It is never too late to quit smoking. Quitting smoking during cancer treatment can have many benefits including:

- reduce treatment side effects
- reduce risk of infection
- improve wound healing following surgery
- reduce risk of cancer recurrence
- improve breathing and energy levels.

## Did you know you can now refer directly to the HSE National Stop Smoking service?

Health and social care professionals can refer patients and access resources for smoking cessation support through a number of ways:

- By applying for access to *QuitManager* (the National Patient management system for Stop Smoking Services) and get set up as a referrer
  - this will allow you to make real time referrals to the service
  - patients will get a call back from a certified stop smoking advisor
  - you can gain access by emailing [quitmanager.tfi@hse.ie](mailto:quitmanager.tfi@hse.ie)
- For those who have access to *Healthlink*, please contact [quitmanager.tfi@hse.ie](mailto:quitmanager.tfi@hse.ie) to request you are set up as a referral source for electronic referral for behavioural support to quit.
- Referrals can also be emailed directly to the quit team by emailing [quit@healthmail.ie](mailto:quit@healthmail.ie) (from a HSE email address). Healthmail is a secure email ensuring that patient contact information can be shared securely. The only information required for a referral is the patients full name, DOB and telephone number.
- Free Quit information materials such as posters and leaflets via the website [www.healthpromotion.ie](http://www.healthpromotion.ie)
- Find out more about how you can support a person to quit smoking by accessing the National Stop Smoking Clinical Guidelines [here](#).

## National Screening Service updates

- We have produced [a simple guide to writing about CervicalCheck](#), Ireland's national population cervical screening programme. The guide is for all those producing information on cervical screening in Ireland.
- The Royal College of Surgeons in Ireland (RCSI) is carrying out research to learn more about the relationship between breast density and breast cancer in Ireland. The research will help us understand if breast density has a role in breast screening in Ireland. [You can read more about the research here.](#)
- We are planning to begin expanding bowel screening to all people aged 55 to 74. This is part of our commitment in Ireland's National Cancer Strategy. [Read more about BowelScreen's age extension here.](#)
- Screening information materials are now available for Ukrainians recently arrived in Ireland in their own languages. [You can read more about this and access the resources here.](#)

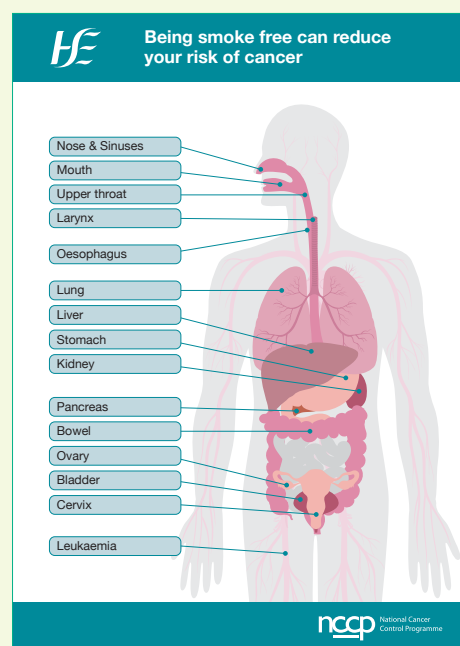
## Irish Cancer Society and NALA cancer literacy course

The Irish Cancer Society and the National Adult Literacy Agency (NALA) have developed a short e-learning course for healthcare professionals interested in the benefits of good health literacy practice in cancer care. [Access the course here.](#)

## Risk factor and cancer types posters

Download risk factors and cancer type's posters for your use:

- [Being smoke free can reduce your risk of cancer poster](#)
- [Being smoke free can reduce your risk of cancer poster: male cancers](#)
- [Being smoke free can reduce your risk of cancer poster: female cancers](#)
- [Drinking less can reduce your risk of cancer poster](#)
- [Drinking less can reduce your risk of cancer poster: male cancers](#)
- [Drinking less can reduce your risk of cancer poster: female cancers](#)
- [Maintaining a healthy body weight can reduce your risk of cancer poster](#)
- [Maintaining a healthy body weight can reduce your risk of cancer poster: male cancers](#)
- [Maintaining a healthy body weight can reduce your risk of cancer poster: female cancers](#)
- [Physical activity can reduce your risk of cancer poster](#)
- [Physical activity can reduce your risk of cancer poster: male cancers](#)
- [Physical activity can reduce your risk of cancer poster: female cancers](#)



## Cancer risk reduction social media campaign

The HSE National Cancer Control Programme are running a cancer risk reduction social media campaign across the 2022 calendar year. Follow @hseNCCP on twitter to view the campaign and promote on your own social media channels.

## Review ICPN Steps to reduce cancer risk poster

The ICPN are updating the Steps to reduce cancer risk poster and are undertaking public review. Visit [www.hse.ie/cancerprevention](http://www.hse.ie/cancerprevention) to review the poster and send your feedback by 5pm on the 19th August.

## Publications

- The International Agency for Research on Cancer (IARC) has evaluated the carcinogenicity of occupational exposure as a firefighter concluding occupational exposure as a firefighter is carcinogenic to humans. [Read more here.](#)
- HSE Breast cancer prevention and early detection information from Breastcheck booklet. [Download here.](#)
- Institute of Public Health blog: Becoming SunSmart: Reflections on skin cancer prevention in Ireland. [Read here.](#)

## Cancer Risk Reduction Awareness Dates for your diary

- World Breastfeeding Week 1st August
- Urology Awareness Month September
- Mouth Cancer Awareness Day 14th September
- European Week of Sport 23rd September
- National Walking Day 25th September

A continued focus on cancer prevention is essential to reduce the serious impact of cancer on the lives of thousands of people in Ireland.

The ICPN provides an avenue to collaborate and identify opportunities to work together to prevent cancer for current and future generations. We aim to support implementation of the National Cancer Strategy's cancer prevention recommendations.

Visit [www.hse.ie/cancerprevention](http://www.hse.ie/cancerprevention) for more information and resources.

**Please contact the ICPN for support with your cancer prevention ideas, initiatives or research at [prevention@cancercontrol.ie](mailto:prevention@cancercontrol.ie)**