


*Boots*  
**Soltan &**

**MACMILLAN  
CANCER SUPPORT<sup>†</sup>**

recommend

**30+** &   
SPF ULTRA



Our sun safety  
partnership and  
skin protection  
support guide

Only at *Boots*

# Who we are

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**MACMILLAN**  
CANCER SUPPORT

Our purpose is to do whatever it takes to support people living with cancer.

Right now, more than **3 million** people are living with cancer in the UK.

By 2030 this figure will rise to **4 million**.

We're here to help everyone with cancer live life as fully as they can, by providing **physical, financial and emotional support**.

We'll do whatever it takes, no matter what a person's needs are, we will listen and support them however they need us to — **big or small**.



Visit our website  
<https://www.macmillan.org.uk>  
to find out more.

# Our sun safety partnership

Boots Soltan are proudly partnering with Macmillan Cancer Support as their Official Sun Safety Partner to ensure everyone has access to the information and protection they need to stay safe in the sun whilst raising vital funds to support people living with cancer across the UK.

80  
Years

With over 80 years of sun care experience and an expertly formulated range of products, Soltan is the leading sun care range for adults, children and babies.



Soltan invented the UVA rating system in 1992 to ensure consistency across sun care ranges when showing the level of protection provided against UVA rays.



Soltan is uncompromising in sun care protection, with 5★UVA across the entire range. Only available at Boots.



We're proudly partnering with Macmillan, as our official Sun Safety Partner, to ensure everyone has access to the information and protection they need to stay safe in the sun.

Macmillan and Soltan are in partnership to educate and promote sun safety, Macmillan recommends using a sun cream with factor 30+ and 5★ star UVA protection as an aid to protect your skin in the sun. Additional measures to reduce the risk associated with sun exposure should be taken. Macmillan's participation in this partnership does not constitute an endorsement of Soltan products.

# Boots Soltan sun heroes

## Soltan Clear and Cool Protect Suncare Mist SPF50+ 200ml

Instant cooling effect.  
Water and sweat resistant.  
For all skin tones.  
Transparent and non-greasy.  
No white marks.



## Soltan Protect and Moisturise Spray SPF50+ 200ml

Intensive moisturisation  
Non-greasy  
Water resistant



## Soltan Once Spray SPF50+ 200ml

Up to 8 hours sun protection\*  
Moisturising  
Water Resistant



## Soltan Kids Once 8hr Protect and Play Suncare Spray SPF50+ 200ml

Specially formulated for your child's delicate skin  
Extra water resistant  
Easy to apply



\* Provided you follow the instructions

# Sun safety tips

from our partnership



## The Three C's<sup>2-10</sup>

### Cream

**Don't miss anywhere:** Lips, top of ears, back of neck, feet and scalp are easy-to-miss places.

**Sun Protection Factor (SPF)50** or higher.

**UVA\*** it is known as the 5★ UVA rating system.\*\*

**Be a frequent applicer:** Reapply as stated on the pack. Contact with sand, water, towels or sweat can increase the frequency needed.

**Wear enough:** Use a minimum of 8 teaspoons for the average adult.

### Cover

**Shade:** Stay out of the sun and in the shade between 11am - 3pm. This is the hottest part of the day.

**Hats:** Wear a wide-brimmed hat to offer protection to your head, face and neck.

If you have lost or are losing your hair (or have a shaved or close-cropped hair) this is especially important.

**Sunglasses:** Ensure they have UV filters to protect your eyes.

**Go long:** Wearing long, light-fabric clothes with a close natural fibre weave will help protect your skin from UV damage.

### Check

**Check your skin regularly:** About once a month for changes.

The images on the next page explain what to look for. Ask someone else to check hard to see places.

**Photo:** Taking photos of moles or patches of skin can help you notice subtle changes in your skin from one month to the next.

**Seek help:** If you notice any changes to your skin, speak to your GP who will look at your skin and refer you to a specialist if necessary.



If someone is having or has had cancer their skin may be more sensitive to the sun. Some treatments like radiotherapy can cause sun sensitivity for a few years after treatment has finished.

It's particularly important that people with a history of cancer to follow these top tips to reduce their risk of skin cancers.<sup>7</sup>

The partnership recommends using a sun protection that is at least SPF 30 and a 5★ UVA rating.<sup>1</sup> Ultraviolet A. \*\*The star rating is a measure of the absorbance of UVA relative to UVB. Other brands not displaying a star rating symbol may still offer high level of UVA protection.

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# Checking your moles and skin for signs of melanoma

**A**



**Asymmetry**

Both halves do not look the same.

**B**



**Border**

Mole has blurred or uneven border.

**C**



**Colour**

Mole has more than 1 colour.

**D**



**Diameter**

Irregular moles and moles >5mm.

**E**



**Evolving**

Change in size, shape or colour.

If you notice any changes to your skin or are concerned about a mole speak to your GP to get it checked out.

<https://www.macmillan.org.uk/cancer-information-and-support/melanoma/signs-and-symptoms-of-melanoma>

## What is **UVA** radiation?

UVA rays penetrate the skin causing long term skin damage. Our 5★ UVA formula promises up to 100% UVA radiation protection.

## What is **SPF**?

The sun protection factor (SPF) is the measure of sunburn protection a product provides.

A high SPF helps to protect against immediate damage such as sunburn.



Scan here  
for real life  
examples  
of **ABCDE**





## References

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## Natalie's Story

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After being diagnosed with skin cancer (melanoma), we hear how Natalie's attitude to sun protection has changed and why it's important to remember that skin cancer can affect anyone.



I noticed that part of my shoulder seemed to have gone quite dark and changed in shape. I thought I'd get it checked out and made an appointment with my local GP who is a skin specialist. She said she didn't like the look of it, so I was sent to the hospital.

I didn't really think anything of it until the hospital said they didn't like the look of it either. They ended up doing a biopsy where they cut into it, taking it off. It was more extensive than I thought it would be.

I got another letter to go back. When I got to the hospital there were three nurses and a Macmillan nurse. 99% of me knew it was all going to be okay but there was 1% of me that was terrified.

That's when the Macmillan nurse took me into a quiet room. Jill, the Macmillan nurse was absolutely amazing. It was my fiance who was asking the questions as I was just in bits! She explained everything and reassured me that whilst it seems like bad news, in a couple of weeks it is likely to have been treated and gone. She wasn't making promises but she made sure I stayed positive for the future.

I have a big battle wound on my shoulder from the excision, which took ages to heal. I wasn't able to play football for ages and had time off work, it was all a bit rubbish.

I would urge people to be careful about stereotyping who can get skin cancer. I don't burn and have never used a sun bed and I've still been affected. I am definitely much more aware of sun care and a lot more careful. I always use products with a high SPF and make sure I use it on all areas with a full coverage. I've been told to be extra vigilant now when checking my skin and moles for any changes.

**If you're worried about sun damage, moles or pigmented lesions, make an appointment with your GP.**

**Protecting yourself from the sun is very important, especially if you have had treatment for skin cancer. Macmillan and Soltan recommend using a sun cream with factor 30+ and 5★ UVA protection as an aid to protect your skin in the sun. Additional measures to reduce risk associated with sun exposure should be taken.**

**Soltan always promises 5★ UVA protection across the entire range.**

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# Mole Scanning Service

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Sometimes moles can change and if they do it's important to get them checked.

Come in and talk to our specially trained pharmacy advisors if you're worried about any moles you have. They can scan your mole(s) to help identify any that might be suspicious.



Service provided by ScreenCancer\* with assistance from trained members of selected Boots Pharmacy teams.

**Book a consultation with one of our Boots Pharmacy team. Selected stores only. For more information visit:**

<https://www.boots.com/services/health-pharmacy-advice/skin-services/mole-scanning-service>

\*The Boots Mole Scanning Service is run by ScreenCancer, eligibility criteria and charges apply. The fee you pay for this service is paid to ScreenCancer. This service does not provide a diagnosis of skin cancer.

# Proud to be partnered with Macmillan Cancer Support



Our Boots Macmillan Information Pharmacists have had extra training, developed by Macmillan and Boots, to support people affected by cancer. Their extra training helps them to understand your needs, which may not just be medical.

*Boots*

**N<sup>o</sup>7 BEAUTY  
COMPANY**



Our No7 Boots Macmillan Beauty Advisors are ready to help in selected Boots stores. They're also specially trained to give face-to-face advice to help people cope with the visible side effects of cancer treatment. From defining brows to caring for nails that are suddenly more brittle, they offer lots of tips to help people feel, and look, more like themselves again.

To find out which stores  
have trained team members visit  
[boots.com/store-locator](https://www.boots.com/store-locator)

Only at *Boots*

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