



Ultraviolet Radiation (UV) and Cancer

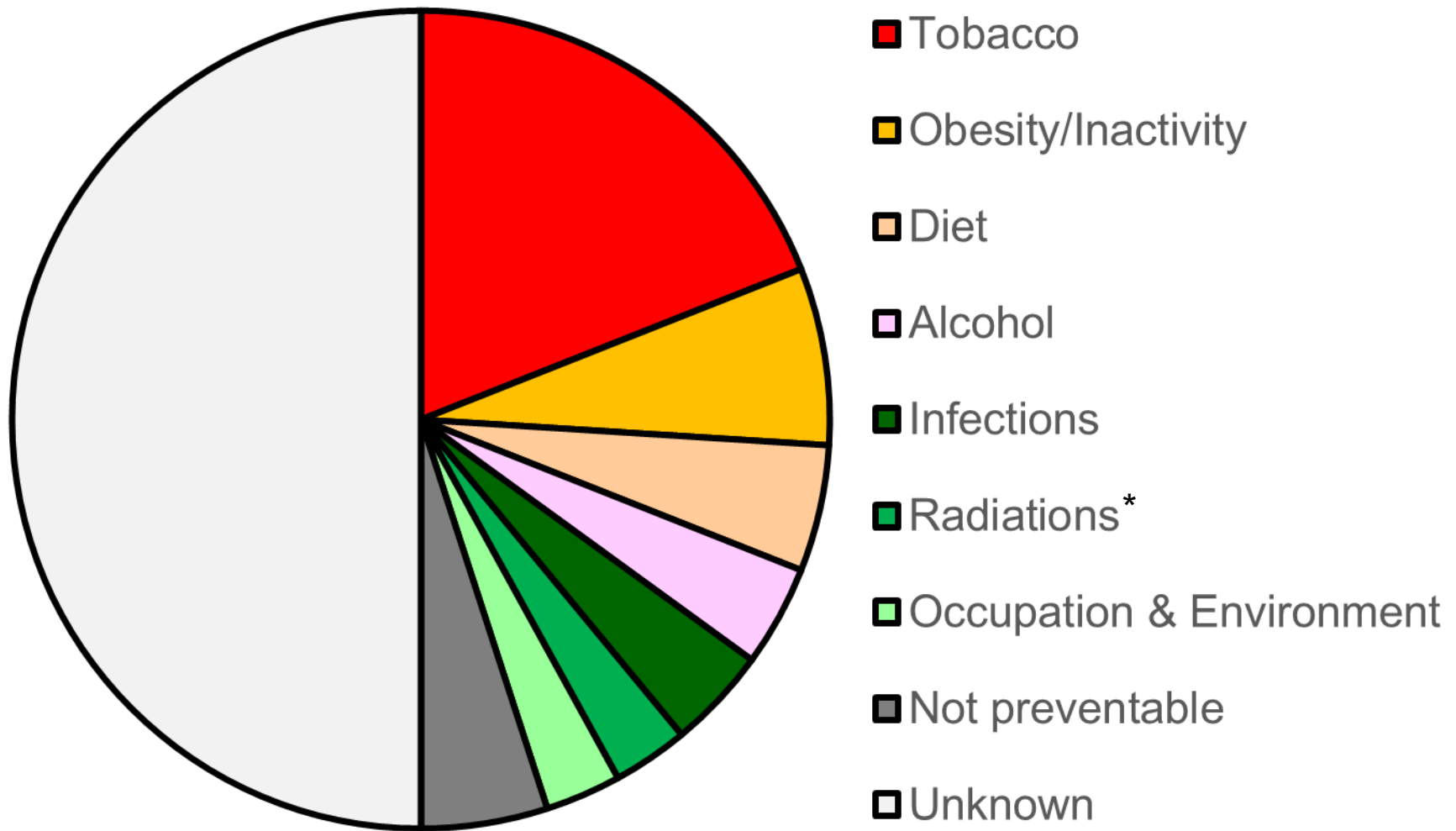
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[International Agency for Research on Cancer](https://www.iarc.fr/)

Potential for primary prevention in the EU

Schüz et al., Mol Oncol 2019



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* ~2-3% total cancers attributable to UV

Melanoma of the skin in the EU

	Annual Cases	ASR*	% preventable		Annual Cases	ASR*	% preventable
The Netherlands	8310	27.0	90-95	Spain	5728	6.8	75-80
Sweden	4266	23.3	90-95	Hungary	1482	8.4	75-80
Denmark	2886	29.7	90-95	Estonia	277	11.6	75-80
Slovenia	735	19.7	90-95	Latvia	234	6.3	75-80
Germany	31468	20.5	85-90	Portugal	1071	5.6	70-75
Belgium	3372	18.6	85-90	Lithuania	511	9.8	70-75
Czechia	2587	13.0	85-90	Malta	52	6.8	70-75
Finland	2090	19.5	85-90	Poland	3732	5.1	65-70
Ireland	1316	17.1	85-90	Cyprus	85	4.5	60-65
Slovakia	823	8.6	85-90	Romania	1547	4.7	55-60
Luxembourg	144	15.5	85-90	Bulgaria	627	4.7	55-60
France	16449	15.2	80-85	Greece	1313	7.2	35-40
Italy	12515	12.2	80-85				
Austria	2043	13.5	80-85				
Croatia	706	9.1	80-85				

* Age-standardized incidence rate (World Standard Population)

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GLOBAL CANCER OBSERVATORY

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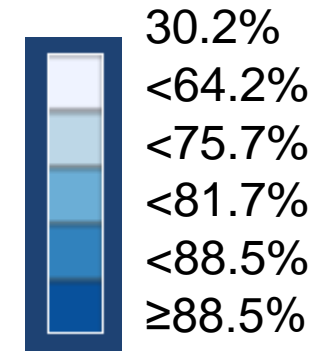
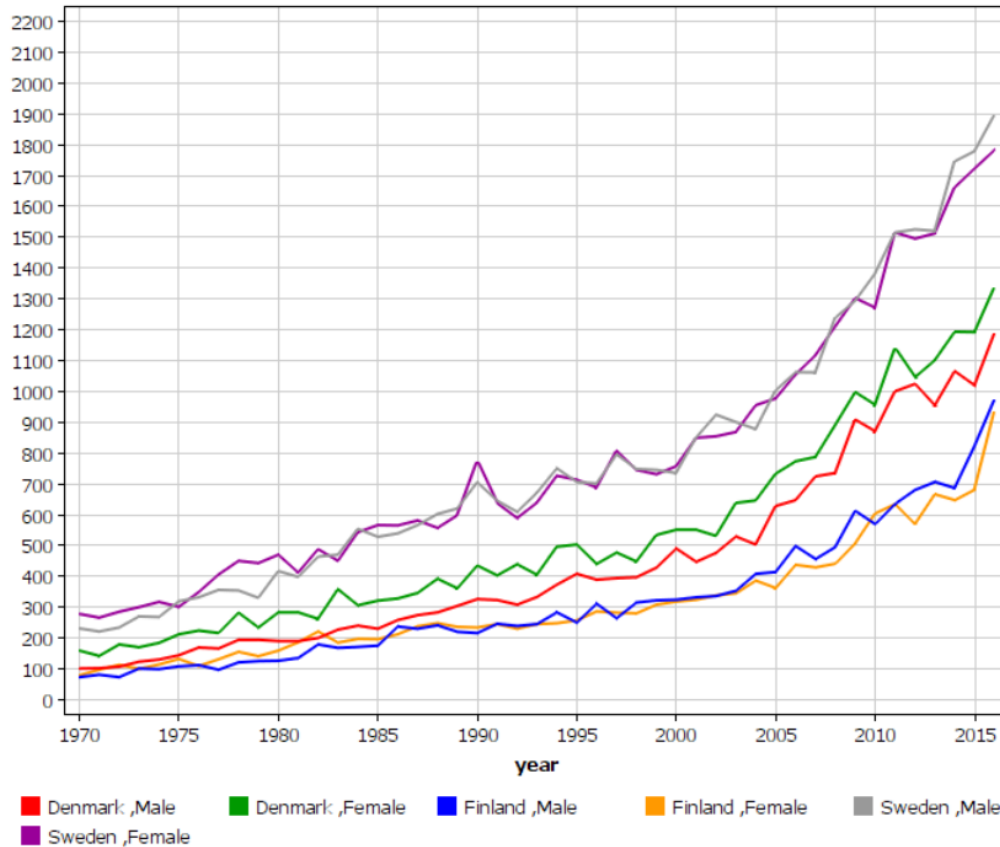
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Melanoma of the skin in the EU

Melanoma of skin
Incidence: Numbers age 30-85+



NORDCAN © Association of the Nordic Cancer Registries (23.5.2021)

Data source:

Arnold M et al. (2018)

Map production: IARC

World Health Organization

International Agency for Research on Cancer



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European Code
Against Cancer

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WAYS TO REDUCE
YOUR CANCER RISK

7

Avoid too much sun, especially for children. Use sun protection. Do not use sunbeds.



Greinert et al., Cancer Epidemiol 2015



Exposure to too much sun causes skin cancer. This includes “artificial sun”, namely sunbeds.



There is no healthy tan; tanned skin is a sign of skin damage.



Minimizing direct sunlight when the sun is strongest, appropriate clothing and seeking shade, and avoiding sunbeds are the best protection.

Conclusions on UV and Cancer

About 2-3% of cancers in the EU estimated to be attributable to ultraviolet (UV) radiation exposure

UV is known to cause all types of skin cancer including melanoma of the skin

Preventable through:

- Changes in individual sun-seeking behaviour
- Provision of shady places / protective clothing / sunscreen when some UV exposure appears unavoidable (outdoor workers, school yards, ...)
- Limited access to sunbed use (measures ranging from bans, restrictions for population subgroups (minors), access restrictions)

Prevention as combination of individual behaviour and supportive legal and policy frameworks

[International Agency for Research on Cancer](http://www.iarc.fr/)

Welcome to the training on
**SUN / UV
EXPOSURE**



Start



E-Learning Center: <https://cancerprevention europe.iarc.fr/learning-centre/>

Authoritative Sources

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European Code Against Cancer



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ABOUT CANCER

SCIENTIFIC JUSTIFICATION

ABOUT THE CODE

European Code Against Cancer

12 WAYS TO REDUCE YOUR CANCER RISK

<http://cancer-code-europe.iarc.fr>

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