

## Transcript - Dr Michael Kimlin

### **Dr. Michael Kimlin discusses Incidental and cumulative effects of sun exposure.**

Dr. Michael Kimlin:

My name is Professor Michael Kimlin, I am the Director of the National Health and Medical Research Council; Centre for Research Excellence, Sun and Health and I work at Queensland University of Technology as a principal research fellow.

Cumulative exposure is important because it is what an individual receives over the course of a lifetime. We think the cumulative exposure is quite important for risks of skin cancer because those people who develop skin cancer tend to indicate that they have a lot of cumulative or what we call lifetime sun exposure. So that is a definite risk factor for people with risk of skin cancer.

We need to make sure that control measures are put in place to actually control exposures to this carcinogen or cancer-causing agent, so things like hats, sunscreens and shades are the most appropriate things we can do to reduce those exposures. But, it's the little things we can do everyday that are important so sunscreen everyday is great.

Look I think we are all aware that when it is time to go to the beach we pack a bottle of sunscreen along with our swimmers and towels. But really the exposures that we receive are in our normal everyday lives. You think about what we do on a daily basis. Sometimes sunscreen doesn't really play a part we don't think about these small, short, sharp exposures because at the end of the day we don't come home sun burnt do we. So the idea is to control all these incidental exposures, is to put a protective measure in place at the beginning of the day.

A really good idea that people can use on a practical level is for girls perhaps to look at makeup with in built sunscreen with an SPF rating of 15 or 30+ if possible. And guys to look at applying sun screen or even moisturiser with sunscreen for men that actually got that protective measure in there. Then you can go about your day, you have brushed your hair, brushed your teeth, put on your skin protection and get on with your day and not really worry about these incidental exposures that occur during your day-to-day life.

### ***SUPER***

*Skin Cancer*

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*<Towards Q2 and Qld government logo>*

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