

Complete the text using one word only for each of the blank spaces:

Sun and Skin

The warm and sunny start to this May has allowed many of us to enjoy time outdoors in the good weather.

But is a downside to enjoying the sun. Spend too much in it and you risk your skin and skin cancer – the form of melanoma.

..... melanoma – i.e. one that results death – is the most Growing numbers of people suffer it, and it is increasingly found young adults, particularly women in their 20s and 30s, second only to breast If you any changes in the skin, such a growth, a sore that does not, or a that is starting to look strange, it is to your physician immediately. And if a family member has had a skin tumour or you have a high of moles, it is recommended to do so once or a year.

Melanoma usually as a dark brown or black patch with irregular borders and is by the uncontrolled of pigment-producing tanning cells. It may anywhere on the body without or spread from a mole. It has a great to invade surrounding tissues, so it is essential to it without delay. Since melanoma is often linked to a change in one of your moles (..... of us have 100 of them or so), you should them and look for any in their and colour, for example a growing lump or the spreading of pigment round the border. However, melanomas are sometimes to distinguish ordinary moles. (About a third of them in existing moles.) Other (and their combinations) by which melanoma may be recognised also: a reddish edge of the mole due to, crusting or slight, which causes the melanoma to stick to clothing and possibly stain it, itching, and even pain.

A suspicious-looking mole or freckle could be a neoplasm and be by a doctor as as If necessary, you will then be to a - a doctor specialising in skin treatment. Nowadays, a burgeoning number of private screening clinics offer a 'mole check' – an of moles for cancer. However, treatment could be an uphill struggle. Even after it has been and then successfully treated, melanoma may in the following years and there may even be metastases to organs. In that case, the prognosis is worse and the cancer may be considered

It is not all bad news for sun worshippers, though. There is evidence that exposure to sunlight can be for health. And it is the only way that many people can get enough D - the of which may weakened bones and rickets, and in milder forms may be with a number of other serious problems including diabetes and bowel cancer. Insufficient sun exposure is, too, a surprisingly widespread problem as more and more people high factor sunscreens. Could the pendulum be swinging too far in the other?