Mersey and West Lancashire Teaching Hospitals
NHS Trust

Sun protection and Vitamin D after diagnosis of melanoma

Patient information leaflet

If you need this information in a different language or accessible format, please speak to a member of staff who can arrange it for you

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة ميسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیاریانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

Author: Skin Care Team
Department: Cancer Services
Document number: MWL0004
Version: 002
Review date: 01/11/2029

Introduction

After a diagnosis of melanoma, it is advisable to reduce the amount of time that you spend in the sun and to avoid sun burn. This is for two reasons:

1. Approximately 1 in 10 melanoma patients develop another melanoma.
2. Sun burn may stop your immune system working as it should, which might be important after your diagnosis of melanoma.

Vitamin D

However, since the sun helps your body to make vitamin D, reducing the time you spend in the sun may reduce the level of vitamin D in your body.

This might be bad for your health (although having too much vitamin D may also be harmful). vitamin D is needed for healthy bone and muscles and may have many other health benefits.

There is also some evidence that vitamin D may also be important after a diagnosis of melanoma, but further research is needed to confirm this.

Many patients with melanoma often have low vitamin D levels at the time of their diagnosis. This may be because patients with melanoma are more likely to have skin which burns and have already covered up their skin to protect it.

Our advice

Around the time of your diagnosis, you will be offered a blood test to measure the level of vitamin D in your blood. This can be done at the phlebotomy (blood test) department at the hospital on the day of your outpatient appointment.

Once the result is available, we will write to you to let you know your vitamin D level and suggest the best available advice for you.

If your levels are low (between 30—75 nmol/l)

If your levels are low, we will suggest that you should take a supplement of vitamin D without calcium.

Whilst vitamin D3 is available in some foods such as fatty fish (such as wild salmon or mackerel) and in mushrooms, plus is also added to some foods such as breakfast cereals, breads or yoghurts, it is very difficult to get enough from diet alone. This is especially true for vegetarians.

Vitamin D tablets (400IU or 10mcg) can be bought from your local chemist, or health food shop.

If you have kidney disease, a high calcium level, kidney stones or heart disease, please discuss with your GP before taking any supplementation.

If your levels are very low (less than 30nmol/l)

If your levels are very low, we will ask your GP to prescribe you a higher strength of vitamin D. You should have a blood test to recheck your vitamin D after 6 months.

If your levels are normal (between 75—150 nmol/l)

If your vitamin D levels are normal, no vitamin D tablets are required.

If your levels are very high (greater than 150 nmol/l)

If your vitamin D levels are high, you should not take any vitamin D.

Record of blood tests

Date	Blood result	Advice

Further information

Genomel website

www.genomel.org

NICE Clinical Melanoma Guideline (2015)

www.nice.org.uk/guidance/ng14

Please ask if you require information on sun protection.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshall Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ