

Skin cancer and different types of skin
皮膚癌與不同膚色間的聯繫

(本節目所用的音檔發表於 2022 年 7 月 16 日。)

在伊塞爾·內納年近三十歲時，她被診斷出患有皮膚癌，從小到大，伊塞爾從未使用過防曬霜，現在她正在和英國癌症研究基金會（Cancer Research UK）合作，警告他人不要犯同樣的錯誤。

There's a common **misconception** that having darker skin makes you invulnerable to the Sun's rays. **Melanin**, the pigment in skin, protects people up to a certain point, but it doesn't make the body immune.

一種普遍存在的錯誤觀念是深色皮膚的人不受陽光的傷害，雖然皮膚中的黑色素在一定程度上對人們起到保護作用，但它不會使人體對陽光免疫。

According to Cancer Research, **melanoma** skin cancers are less common in black and Asian people than in white people. However, research suggests that when they do occur, they're often spotted at a later, more advanced stage, resulting in poorer outcomes.

根據英國癌症研究基金會發表的報告顯示，黑色素瘤皮膚癌在黑人和亞洲人中的發病率低於白人，然而，研究證明，黑人和亞洲人如果患病，往往是在癌症晚期階段才被確診，導致相對更糟糕的結果。

An extreme heat weather warning for much of England and Wales has been extended until Tuesday, and doctors are encouraging everyone to cover up and wear sunscreen. They

advise using one with a broad **spectrum** that offers both UVA and UVB protection, an SPF of at least 30, and **water resistance**. It should be reapplied every two hours, whilst people also take **shelter** in the shade regularly.

英格蘭和威爾士大部分地區的極端高溫天氣警報已經延長至週二，醫生們鼓勵大家用衣物遮擋陽光直接照射，並且要塗抹防曬霜，同時建議使用可兼防 UVA 和 UVB、防曬指數（SPF）至少為 30 且防水的廣譜防曬產品，防曬霜應每兩小時重新塗抹一次，同時也要注意定期在陰涼處避暑。

1. 詞彙表

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| misconception | 誤解，錯誤看法 |
| melanin | 黑色素 |
| melanoma | 黑色素瘤 |
| spectrum | 光譜 |
| water resistance | 防水 |
| shelter | 遮蔽處 |

2. 閱讀理解：請在讀完上文後，回答下列問題。（答案見下頁）

1. True or false? *Melanin gives full protection against the Sun.*
2. What were the results of Cancer Research's research?
3. What type of sunscreen are doctors advising people to use?
4. How often should sunscreen be reapplied during the extreme weather?

3. 答案

1. True or false? *Melanin gives full protection against the Sun.*

False. Melanin gives protection to a certain point, but not immunity.

2. What were the results of Cancer Research's research?

Melanoma skin cancers are less common in black and Asian people than white people. However, research suggests that when they do occur, they're often spotted at a later, more advanced stage, resulting in poorer outcomes.

3. What type of sunscreen are doctors advising people to use?

A broad-spectrum sunscreen that offers both UVA and UVB protection, an SPF of at least 30, and water resistance.

4. How often should sunscreen be reapplied during the extreme weather?

Sunscreen should be reapplied every two hours.