

NOW he knows how it feels! Winger Cristiano Ronaldo WEEPS last night after Portugal lost their World Cup semi-final to Zidane's France, below. Report - SunSport



fitBIT

Kids may be hard work but according to the journal Prevention they can make you look up to six years younger

health



CRUEL BLOW... Kylie

EASING SHOCK OF CANCER

POP princess Kylie Minogue has revealed her desperate reaction when doctors told her she had breast cancer.

She said: "The moment my doctors told me, I went silent. My mum and dad were with me. We all fell to pieces."

But experts say there are ways to try to soften the blow of cancer diagnosis.

Here Martin Ledwick, from Cancer Research UK, gives some helpful tips:

- Remember it's normal to get upset - don't try to bottle things up.
- Don't worry if you can't remember everything the doctor says - when you get home make a list of questions and phone the doctor back.
- Call a helpline such as Cancer Research UK on 0800 226 237 or Macmillan Cancer Support 0800 808 2020.
- Don't get upset if loved ones say the wrong thing, such as "it will be ok". Few people know how to respond to cancer victims.
- Ask exactly what tests you will need and what they involve.
- Tell the doctor you want to know about all the different types of treatment available to you.
- Make sure you're told the risks and side-effects of such treatments.
- If you need surgery, ask what the hospital's success rate is.
- If you're not happy, ask about the possibility of being referred elsewhere.
- Don't be afraid to ask what long medical words mean - for example "metastasis" means a cancer has spread.
- SCIENTISTS have discovered a nasal spray that stops couples from arguing.
- It contains a hormone called oxytocin, which is naturally produced by women during childbirth to help them relax and stimulate breast milk production.
- Researchers at Emory University, Atlanta who tested the spray on 50 couples found it reduces the levels of a stress hormone called cortisol.
- This made them better at expressing emotions and resolving rows faster.

SAFE OIL OR SNAKE OIL?



DELPH KIDS SUN LOTION SPF30, £6.79 for 200ml.
VERDICT: Proof that sun cream doesn't have to be expensive. It offers good levels of both UVA and UVB and is PABA-free.



ULTRASON REFLEX 30 WITH 99 PER CENT UVA PROTECTION £16.95/100ml
VERDICT: This offers a high UVA protection but it's pricey - you don't need to spend this much on suncreams.



GARNIER AMBRE SOLAIRE CLEAR PROTECT SPF30 £12.99/200ml
VERDICT: Contains Mexoryl - which is recognised as one of the most effective UV filters around.



DELPH YOUNG AND DELICATE SUN BLOCK LOTION, SPF50 £8.99/100ml
VERDICT: Offers great protection at a great price - but the 'sun block' label is misleading.



NIVEA MOISTURISING SUN SPRAY SPF50, £15.99/200ml
VERDICT: Excellent UVA (four-star) rating and was voted one of the best suncreams in a Which? survey.



BOOTS SOLTAN FACE SUN DEFENCE CREAM, SPF36, £7.49 for 50ml
VERDICT: A five-star UVA rating. Light, non-irritating and has a slight tint too.



BOOTS SOLTAN SENSITIVE SUN LOTION SPF50, £8.79 for 200ml
VERDICT: A 5-star UVA rating and PABA-free, helps against allergies like prickly heat.



TESCO SUN PROTECTION LOTION, SPF30, £2.64 for 200ml
VERDICT: Both excellent UVA and UVB protection and a price you can't argue with. And it's PABA-free too.

How much will protect

YOU are at risk of getting skin cancer if you don't slap on as much cream as pictured on the left every time you use a sunscreen.

It is the amount you need to provide the sun protection factor given on the label.

The British Medical Journal advises using the "rule of nines" which gives sunburn the "two-fingered"

UVA

GENEVIEVE FRISBY, of Cancer Research's Sunsmart campaign says: "Up until recently it was thought that just the burning UVB rays were responsible for skin cancer and that UVA rays, which penetrate the skin more deeply, caused ageing."

"But we now know UVA rays are also linked to skin cancer."

So, even if you've covered yourself in SPF60 and are still as white as snow, if your cream doesn't have UVA protection you're still at risk.

UVA is often indicated as a star rating, five stars being the maximum. Go for the highest you can get.

And don't be fooled by the clouds. Genevieve adds: "90 per cent of ultraviolet radiation can penetrate clouds, so a cloudy day doesn't mean you're protected."

SPF

AN SPF, or sun protection factor, is a guide to how long it will take to BURN.

If your skin turns red after five minutes in the sun, a cream with an SPF of 2 would double that to ten minutes. An SPF 15 cream multiplies it by 15 to 75 minutes.

These protection factors are all relative - if you burn easily a sunscreen merely delays it.

But tanning easily doesn't guarantee you'll avoid skin cancer - a tan is a sign of damage and peeling is the body's attempt to shed skin with damaged DNA.

Dermatologists recommend a cream with a minimum SPF of 15, but the bigger the SPF, the better.

Professor Alex Markham of Cancer Research UK says: "Sunscreen is your last line of defence. You should still avoid the sun between 11am and 3pm."