

Use the **ABCDE**
melanoma guide to
check your spots:

BORDER



ASYMMETRY



**COLOUR
VARIATION**



EVOLVING



DIAMETER
>6mm



Get to know your skin.



Undress in good light
and check from top
to toe using a mirror,
or the help of a friend,
for hard to see spots.

Skin spots to watch.

**Do you check for skin cancers?
It could save your life.**

Check your skin regularly. If you notice any new or unusual spots, or a spot that is changing in colour, shape or size, see your doctor immediately. **If found early, most skin cancers can be successfully treated.**

HAS
SOMETHING
CHANGED?
VISIT YOUR
GP NOW!

SunSmart.org.au

SUNSMART[®]



**Cancer
Council**
SA

Skin cancers – see your doctor.



Melanoma

- Appears as a new spot or an existing spot that changes colour, size or shape.
- Has an uneven, smudgy outline and will be an irregular mix of colours.
- Can appear on skin not normally exposed to the sun.



Nodular melanoma

- Develops quickly—early treatment is important to prevent spread to other parts of the body.
- Many are red or pink and some are brown or black.
- Firm to touch and dome-shaped.



Squamous cell carcinoma

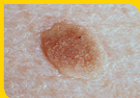
- A thickened, red scaly spot that may bleed easily, crust or ulcerate.
- Appears on skin most often exposed to the sun.
- Grows over some months.



Basal cell carcinoma

- Red, pale or pearly in colour, appears as a lump or dry, scaly area.
- May ulcerate or fail to completely heal.
- Grows slowly, usually on the head, neck and upper torso.

Harmless spot.



Seborrheic keratosis

- Colour varies from pale brown to orange or black.
- Size varies from a few millimetres to 2 cm.

Most skin cancers can be prevented.

Protect yourself in **five ways** when the UV is 3 and above.



SLIP



SLOP



SLAP



SEEK



SLIDE