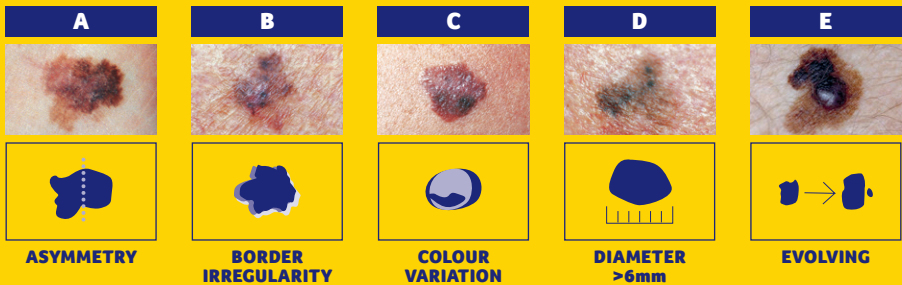


How to check for skin cancers.

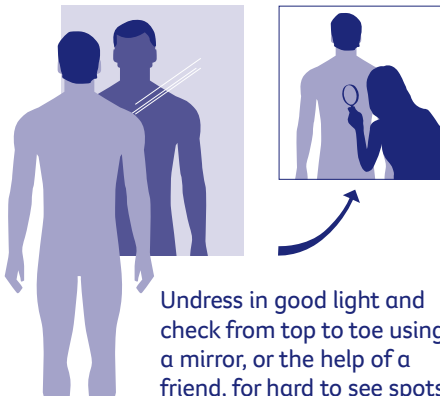
**Do you check for skin cancers?
It could save your life.**

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.**

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



Get to know your skin.





Melanoma

The most deadly form of skin cancer. If untreated, can spread to other parts of the body. 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. Looks different from common melanomas—they are raised from the start and even in colour. Many are red or pink and some are brown or black. Firm to touch and dome-shaped. After a while they begin to bleed and crust.



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. More likely to occur in people aged over 50.



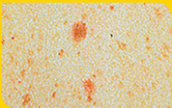
Basal cell carcinoma

Most common and least dangerous form of skin cancer. 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.



Solar keratosis or sunspot

A warning sign you are prone to sun damage and skin cancer. Red, flattish scaly dry skin that may sting if scratched. Appears on areas of skin most often exposed to the sun, like hands and face. Most common in people aged over 40.



Mole

Harmless coloured spots that range from 1–10 mm. Uniform in shape and even coloured. They may be raised and have uneven borders and multiple colours like brown and black. The more moles or freckles you have, the higher your risk of sun damage. Observe these moles carefully for any sign of change.



Seborrheic keratosis

A harmless spot with a discrete edge that looks like it sits on top of the skin. Most people have at least one or two of these spots by the age of 60. Colour varies from pale brown to orange or black. Size varies from a few millimetres to 20 mm.

Most skin cancers can be prevented.

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



SLIP



SLOP



SLAP



SEEK



SLIDE