

95% of skin cancer is preventable

Use the ABCD of melanoma detection



Asymmetry

If the spot or lesion is divided in half, the two halves are not a mirror image.



Border

A spot with a spreading or irregular edge.



Colour

A spot with a number of different colours through it.



Diameter

A spot that is growing and changing in diameter or size.

Two in three Australians will develop skin cancer before the age of 70. The good news is that 95 per cent of skin cancers can be successfully prevented.

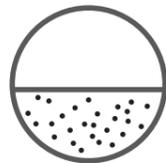
A simple check could save your life. We should all check our skin regularly. Get to know your skin and see your doctor if you notice any changes.

CHECK YOURSELF



Check your skin regularly

- › To check your skin, undress completely and stand in good light.
- › Use a full-length or hand-held mirror to check your back, legs and scalp. If there are areas you can't see properly, ask a family member or your GP for a skin check – don't ignore them.
- › Make sure you check your entire body as skin cancers can sometimes occur on parts of the body not exposed to the sun, for example the soles of the feet. Go through the same checking sequence each time to get into a routine.



See a doctor immediately if you notice:

- › A skin spot that is different from other spots around it.
- › A mole or freckle that has changed in size, shape or colour.
- › A new spot that has changed over weeks or months in size, shape or colour.
- › An inflamed sore that has not healed within three weeks.



Check your:

- › **Head, scalp, neck and ears** – Take an extra close look around the nose, lips, ears and scalp.
- › **Torso** – Check the front, back and sides of the torso.
- › **Arms, hands, fingers and nails** – Remember to look at the spaces between the fingers and the beds of your fingernails.
- › **Buttocks, legs and feet** – Remember to check between toes, under toenails and on the soles of feet.

EVERY DAY COMMON-SENSE PREVENTION



Slip on protective clothing

- › Use clothing to cover as much skin as possible.



Slap on a hat

- › Wear a broad-brimmed hat that covers your face, head, neck and ears.



Slop on SPF 30 or higher sunscreen

- › Make sure it's broad spectrum and water resistant.



Seek shade

- › Make use of trees or built shade or bring your own.



Slide on some sunglasses

- › Close-fitting wrap-around styles offer the best protection.



For more information call

Cancer Council Information and Support on 13 11 20 or visit www.cancerCouncil.com.au



EYE DAMAGE

The sun can also damage your eyes.

In the short term, sun exposure can cause burns to the eye similar to sunburning of the skin.

Long-term exposure can lead to cataracts (clouding of the lens), pterygium (tissue covering the cornea) and cancer of the conjunctiva or cornea.

It is important to protect your eyes by wearing sunglasses with UV protection and a broad-brimmed or bucket hat.

