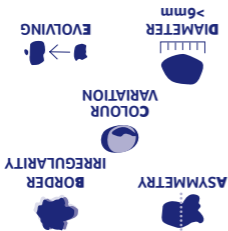


Use the ABCDE
melanoma guide to
check your spots:



Get to know your skin.



Undress in good light and
check from top to toe using
a mirror and hand held
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 colour, shape or size, see your doctor immediately. **If found early, most skin cancers can be successfully treated.**

HAS
SOMETHING
CHANGED?
SEE YOUR
DOCTOR
NOW!

SunSmart.org.au



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.

Warning signs.



Solar keratosis (or sunspots)

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

Most skin cancers can be prevented.

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



SLIP



SLOP



SLAP



SEEK



SLIDE