



Skin cancer what to look for.

Get to know your skin and check it regularly, all year round. Learn what looks normal for you to help find changes earlier. If found early, most skin cancers can be successfully treated.

Get to know your skin.



Undress
in good
lighting

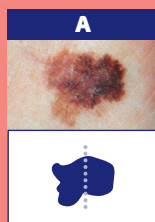


Check your whole
body from head
to toe, using
a mirror

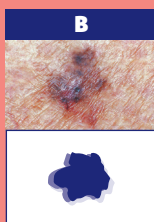


Ask someone
you trust to help
with any hard to
see spots

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



ASYMMETRY



**BORDER
IRREGULARITY**



**COLOUR
VARIATION**



**DIAMETER
>6mm**



EVOLVING

Images A-D courtesy of Cancer Council Australia. Image E courtesy of University of Sydney.

See something? See your doctor.

cancersa.org.au/prevention

SKIN CANCERS – SEE YOUR DOCTOR

Melanoma



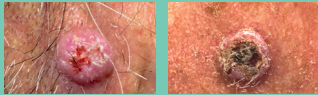
The most dangerous and aggressive type of skin cancer. If untreated, it can spread to other parts of the body and can be fatal. Appears as a new spot or an existing spot that changes colour, shape or size. May have an uneven, irregular border and be a mix of colours. Can appear anywhere, not just areas exposed to the sun.

Nodular melanoma



Develops quickly—early treatment is important to prevent spreading 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 type of skin cancer. They are slow-growing and almost never spread to other parts of the body. Can be small, round or flattened spots that are red, pale or pearly in colour or may appear as a dry, scaly area. May ulcerate or fail to heal. Usually found on the head, neck and upper body.

SKIN DAMAGE

Solar keratosis



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, including the hands and face. Most common in people aged over 40.

NOT SKIN CANCER - MONITOR FOR ANY CHANGES

Moles



Harmless coloured spots that range from 1–10 mm. Uniform in shape and evenly 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.

Seborrhoeic keratosis



Benign 'wart-like' growths on the skin, usually raised and appear to be stuck on like 'barnacles'. Colour varies from pale to very dark brown. They usually feel rough and can sometimes be dry and scaly, and become itchy or irritated. More common as you age.

Photos courtesy of Dr Gerry Considine, Dr Sonali Meena and Dr Zaw Moe

Most skin cancers can be prevented.

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



Access the daily sun protection times via the free SunSmart Global UV app, or at sunsmart.org.au