Can you spot skin cancer?

Two out of three Australians develop some form of skin cancer in their lifetime.

Get to know your own skin!

Don’t Delay.
Talk to your GP as soon as possible about ANY spot, freckle or mole that changes in size, shape or colour.*

**Danger Signs**

- **Melanoma**
  Uneven colour, irregular shape, irregular outline.

- **Squamous Cell Carcinoma**
  Thickened red scaly spot. May ulcerate and bleed.

- **Nodular Melanoma**
  Round black, brown, pink or red lump. Feels firm and may bleed.

- **Basal Cell Carcinoma**
  Red or pearly coloured dry, flat area or lump. May ulcerate and fail to heal.

**Warning Signs**

- **Dysplastic Naevi**
  Often larger moles with uneven brown (sometimes pink) colour.

- **Solar Keratoses or Sunspots**
  Red flat scaly dry skin, usually on hands or face.

*Your skin spots may differ from those shown.*
Harmless Spots

Freckles
Small, flat, single coloured spots

Moles
Flat or slightly raised oval or round lesions. Usually one shade of brown.

Seborrhoeic Keratoses
Common ‘age spots’ with a discrete edge and rough surface. Even colour – from skin tone to brown or black.

When UV levels are 3 or above:
• Slip on protective clothing
• Slop on SPF30+ sunscreen
• Slap on a broad-brimmed hat
• Seek shade
• Slide on some sunglasses
• Check the SunSmart UV Alert daily on cancercouncil.com.au/sunsmart

Cancer Council
Helpline 13 11 20
cancercouncil.com.au

Most images supplied courtesy of Sydney Melanoma Diagnostic Centre.