

Can you spot skin cancer?

Two out of three Australians develop some form of skin cancer in their lifetime. It could be our national disease – and it kills more than 2000 of us every year. Get to know your own skin!

What to look for

Many skin spots, freckles and moles are harmless, but some are clear signs of skin cancer.*

Danger Signs

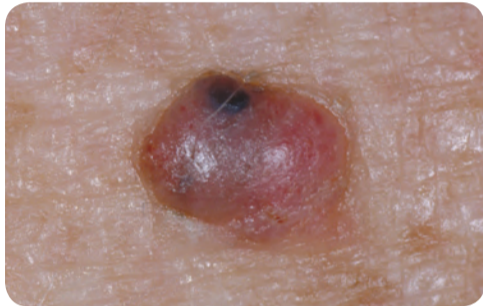
MELANOMA

Uneven colour, irregular shape, smudgy outline.

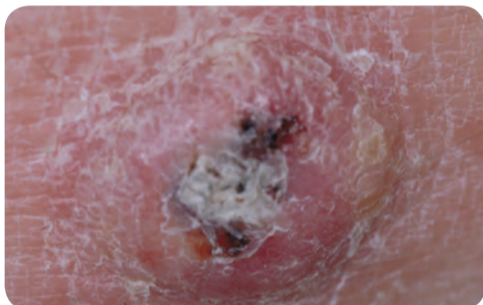


NODULAR MELANOMA

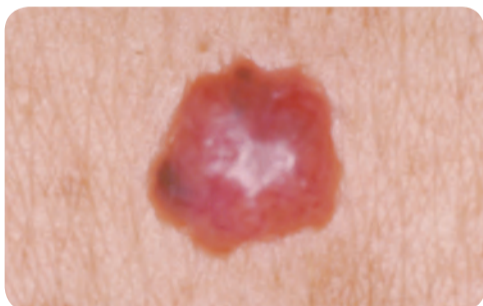
Round black, brown, pink or red lump. Feels firm and may bleed.



SQUAMOUS CELL CARCINOMA (SCC)
Thickened red scaly spot. May ulcerate and bleed.

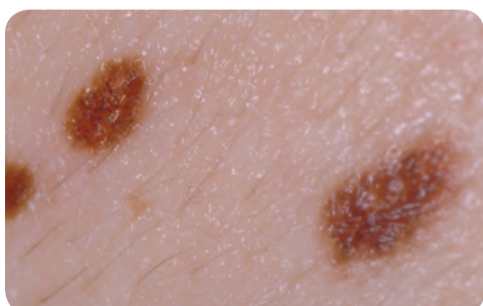


BASAL CELL CARCINOMA (BCC)
Red or pearly coloured lump or dry scaly area. May ulcerate and fail to heal.



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.



Talk to your GP today about ANY spot that has changed size, shape or colour.

Harmless Spots

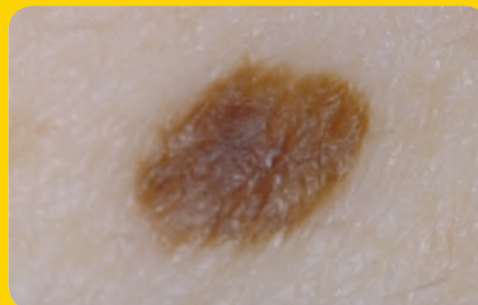
FRECKLES

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+ or higher sunscreen
- Slap on a broad-brimmed hat
- Seek shade
- Slide on some sunglasses
- Check the SunSmart UV Alert daily on cancercouncil.com.au/sunsmart or download the free SunSmart app.

Cancer Council
Helpline 13 11 20
cancercouncil.com.au



*Your skin spots may differ from those shown. Most images supplied courtesy of Sydney Melanoma Diagnostic Centre.