

BE AWARE, KEEP PROTECTED, STAY SUN SAFE

EARLY DETECTION

SPOTTING SKIN CANCER EARLY COULD SAVE YOUR LIFE!

- Skin cancers seldom hurt and are more frequently seen than felt
- Left untreated skin cancer can spread to other parts of the body to form new cancers

IT'S IMPORTANT TO REGULARLY CHECK YOUR SKIN FOR SIGNS OF CHANGE TO DETECT SKIN CANCER EARLY, TO TREAT AND CURE.

CHECK YOUR SKIN REGULARLY



Monthly is preferable

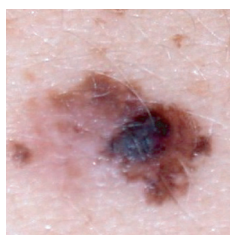


GET TO KNOW YOUR SKIN

Make sure you check your entire body for example, soles of the feet, between fingers and toes and under nails



ABCDE OF MELANOMA – COMMON SCREENING TOOL:



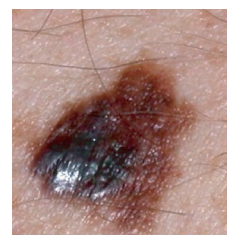
A = ASYMMETRY

When half the mole does not match the other half



B = BORDER

When the borders are irregular, ragged or blurred



C = COLOUR

When colour varies no uniform pigmentation



D = DIAMETER

When diameter is over 6mm (some exceptions)



E = EVOLVING

When changes over time - weeks, months or years

CONSULT YOUR DOCTOR AS SOON AS POSSIBLE, IF YOU NOTICE:

- A new, unexplained skin change which appears suddenly
- A change in shape, particularly getting an irregular outline
- A change in colour, gets darker, becomes patchy
- Gets bigger or grows quickly
- A spot or sore which continues to itch, bleeds, hurts, crusts or inflames

BE SUN SAFE

If you fail to protect your skin from UV radiation, you're putting yourself at risk. Apply sun protection cream.

