

Can you spot A rip at the beach? A great wave? A skin cancer?

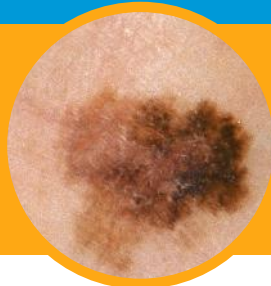
Two in three Australians will develop skin cancer before the age of 70. The good news is that 95 per cent of skin cancers can be successfully treated if detected early.

Do you know what skin cancer looks like?
A simple check could save your life. We should all check our skin regularly. Get to know your skin and take immediate action if you notice any changes.

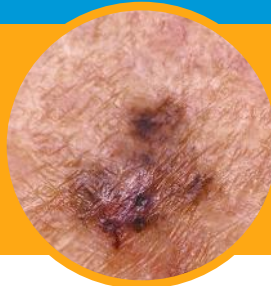
If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

Cumulative UV exposure also contributes to your risk of developing skin cancer. So if you grew up in Australia, work outdoors or spend lots of time in the sun you should take care to protect and check your skin.

Use the ABCD of melanoma detection to check for the following:



Asymmetry
If the spot or lesion is divided in half, the two halves are not a mirror image.



Border
A spot with a spreading or irregular edge.



Colour
A spot with a number of different colours through it.



Diameter
A spot that is growing and changing in diameter or size.

Skin cancers

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma.

Melanoma

- Accounts for 1–2% of skin cancers.
- Is the most dangerous and aggressive form of skin cancer.
- If left untreated can spread to other parts of the body and can be fatal.
- Grows quickly over weeks to months.
- Can appear as a new or existing spot, freckle or mole that changes in colour, size or shape.
- Can grow anywhere on the body, not just areas exposed to the sun.
- Occurs most frequently on the upper back in males and on the lower leg in females.

Basal Cell Carcinoma (BCC)

- Accounts for about 66% of skin cancers.
- Grows slowly over months or years.
- Look for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema.
- May become ulcerated, bleed and fail to heal.
- Usually found on the upper body, head or neck.

Squamous Cell Carcinoma (SCC)

- Accounts for about 33% of skin cancers.
- Grows over months and may spread if not treated.
- Look for scaly red areas that may bleed easily, ulcers or non-healing sores that are often painful, especially when touched.
- Often found on lips, ears, scalp, backs of the hands and lower legs.

Warning signs

The following spots are not skin cancer but may predispose you to skin cancer or be a warning sign that skin damage has occurred.

Dysplastic naevi ('atypical moles')

- Are odd-shaped moles that may indicate a greater risk of developing melanoma.
- Usually 5–10mm wide with uneven colouring.
- If you have lots of odd-shaped moles get your skin checked regularly by your doctor.

Solar keratoses ('sunspots')

- Generally hard, red, scaly spots on sun-exposed areas of the skin.
- Most commonly found on the head, neck and on the back of the hands.
- Is a warning sign that the skin has been damaged by the sun and that skin cancers may develop.
- If you have solar keratoses, protect yourself from further sun damage and have your skin checked regularly by a doctor.

Harmless spots

Seborrhoeic keratoses ('senile warts')

- Common non-cancerous spots sometimes confused with melanomas.
- Raised warty-looking brown or black lesions with well-defined borders.
- Mostly found on the trunk but can occur anywhere on the body.

Eye damage

The sun can also damage your eyes. In the short term, sun exposure can cause burns to the eye similar to sunburn of the skin. Long-term exposure can lead to cataracts (clouding of the lens), pterygium (tissue covering the cornea) and cancer of the conjunctiva or cornea. It is important to protect your eyes by wearing sunglasses and a broad-brimmed or bucket hat.

1. Pterygium (tur-rig-i-um)
2. Squamous Cell Carcinoma of the conjunctiva
3. Cataract

Check your skin regularly

- Many skin cancers are detected by people themselves or by a family member.
- To check your skin, undress completely and stand in good light.
- Use a full-length or hand-held mirror to check your back, legs and scalp. If there are areas you can't see properly ask a family member or your GP for a skin check – don't ignore them.
- Make sure you check your entire body as skin cancers can sometimes occur on parts of the body not exposed to the sun, for example the soles of the feet. Go through the same checking sequence each time to get into a routine.

Check your:

- **Head, scalp, neck and ears**
Take an extra close look around the nose, lips, ears and scalp.
- **Torso**
Check the front, back and sides of the torso.
- **Arms, hands, fingers and nails**
Remember to look at the spaces between the fingers and the beds of your fingernails.
- **Buttocks, legs and feet**
Remember to check between toes, under toenails and on the soles of feet.

See a doctor straight away if you notice:

- A skin spot that is different from other spots around it.
- A mole or freckle that has changed in size, shape or colour.
- A new spot that has changed over weeks or months in size, shape or colour.
- An inflamed sore that has not healed within three weeks.

Be SunSmart. Protect yourself in five ways from skin cancer.

UV levels are highest during the middle of the day. Take care to be SunSmart when the UV Index is 3 or above. Check our UV Alert online or download our SunSmart app at www.cancer.org.au/UVAAlert

Slip on protective clothing

- Use clothing to cover as much skin as possible.

Slop on SPF 30 or higher sunscreen

- Make sure it's broad spectrum and water-resistant.

Slap on a hat

- Wear a broad-brimmed hat that covers your face, head, neck and ears.

Seek shade

- Make use of trees or built shade or bring your own.

Slide on some sunglasses

- Close-fitting wrap-around styles offer the best protection.

Melanoma accounts for 10% of all cancers

