

# How to check for skin cancers

## ↓ Skin cancers – See your doctor



Melanoma



Melanoma



Nodular melanoma



Nodular melanoma



Basal cell carcinoma



Basal cell carcinoma



Squamous cell carcinoma



Squamous cell carcinoma

## ↓ Warning signs



Solar keratoses



Solar keratoses

## ↓ Harmless spots



Moles



Seborrhoeic keratoses

Do you check for skin cancers? **It could save your life.**

Carefully inspect all of your skin, looking for spots that are new or have changed colour, size or shape.  
See your doctor if you notice anything unusual as skin cancers can be cured if treated early.

For further information, call 13 11 20  
or visit [www.actcancer.org](http://www.actcancer.org)

stay  
sunsmart

[www.actcancer.org](http://www.actcancer.org)



## Skin spots to watch



### Melanoma

- The most deadly form of skin cancer. If untreated can spread to other parts of the body.
- Appears as a new spot or an existing spot that changes colour, size or shape.
- Has an uneven, smudgy outline and will be an irregular mix of colours.
- Can appear on skin not normally exposed to the sun.



### Nodular melanoma

- Develop quickly – early treatment is important to prevent spread to other parts of the body.
- Look 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.
- They are firm to touch and dome-shaped.
- After a while they begin to bleed and crust.



### Squamous cell carcinoma

- Not as dangerous. 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 over 50.



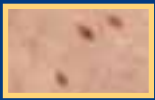
### Basal cell carcinoma

- Most common and least dangerous form of skin cancer.
- Red, pale or pearly in colour, appears as a lump or dry, scaly area.
- May ulcerate or fail to completely heal.
- Grows slowly, usually on the head, neck and upper torso.



### Solar keratoses or sunspots

- A warning sign you are prone to sun damage and skin cancer.
- Red, flattish scaly dry skin that may sting if scratched.
- Appear on areas of skin most often exposed to the sun, like hands and face.
- Most common in people over 40.



### Moles

- Harmless coloured spots that range from 1mm to 10mm.
- Uniform in shape and even coloured. They may be raised.
- The more moles or freckles you have the higher your risk of sun damage.
- Have uneven borders and multiple colours like brown and black.
- Observe these moles carefully for any sign of change.



### Seborrheic keratoses

- A spot with a very discrete edge that looks like it sits on top of the skin.
- Most people have at least one or two of these spots by the age of 60.
- Colour varies from pale brown to orange or black.
- Size varies from a few millimetres to two centimetres.

## Most skin cancer can be prevented by combining the following sun protection measures

- Reduce your exposure to sunlight between 10am and 3pm. Find some shade.
- Slip on clothes that cover your arms and legs.
- Slap on a broad brimmed hat, or one that covers your face, neck and ears.
- Slop on broad spectrum SPF 30+ sunscreen. Remember to reapply every 2 hours.
- Protect your eyes with close fitting sunglasses.
- Avoid getting a suntan, using a solarium or getting sunburnt.

And remember to check your skin regularly. If you do notice any new or unusual spots, or discover a spot that changes shape, colour or size, see your doctor immediately.

For more information call 13 11 20 or visit [www.actcancer.org](http://www.actcancer.org)