Stay SunSmart every day
It’s never too late to protect your skin. By following these simple steps when outdoors you can reduce your exposure to ultraviolet (UV) radiation. And help prevent skin cancer, premature ageing and skin damage.
Check your skin for changed spots, or new and changing spots. Even if a spot you are concerned about does not look like the ones in these pictures you should still visit your doctor.

**Freckles**
Most freckles are common and harmless. If you have a freckle that is changing in colour or shape it is very important to show your doctor.

**Moles**
Having many moles may increase the chances of developing a melanoma. Watch for changes in:
- Size
- Colour, including pink/white/brown/blue or black colours
- Shape
- Texture, such as becoming raised or dome shaped, scaly, bleeding or itching

**Seborrhoeic Keratosis**
- By the age of 60, most people have at least one or two of these
- They have a very distinct edge and often sit up on top of the skin, like being stuck on
- Colour varies from pale brown through to brownish-orange and occasionally black. This is due to skin being trapped in crypts and becoming oxidized
- Size varies from a few millimetres to 2 cm
- Often described as warty, but they are not due to the wart virus. They are not contagious