

# Spot the difference

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See your doctor if you notice a freckle, mole or lump that is **NEW** or **CHANGING** in size, shape or colour; or a sore that does not heal over 4-6 weeks. Use a mirror to check hard to see places, like your back or scalp, or get a family member, partner or friend to check for you.



Protect yourself in **five ways** from skin cancer



**SLAP**



**SLIP**



**SEEK**



**SLOP**



**SLIDE**

## 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.

# Spot the difference

**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.**



- Most common skin cancer
- May appear as a pearly-coloured lump or as a slightly scaly area that is shiny and pale or bright pink in colour. Some have a darker colour
- It may bleed and be sore. Some heal then get sore again
- Usually on the head, face, neck, shoulders, back, lower arms and lower legs, but can occur anywhere on the body
- Tend to grow slowly over months and years



- Second most common skin cancer
- A thickened red, scaly or crusted spot or rapidly growing lump
- May bleed and be sore. Is often tender to touch
- Appears on parts of body most often exposed to the sun
- Tends to grow over a few weeks or months
- Is more common as you get older



- A dangerous skin cancer
- Can be anywhere on the body. Likely to spread to other parts of the body if not found early
- May appear as:
  - a new spot
  - an existing spot, freckle or mole that changes colour, size, shape or texture
- Usually has an irregular or smudged shape
- May be more than one colour
- Grows quickly over weeks to months



- Is usually red, pink, black or brown and feels firm to the touch. Often appears as a round raised lump on the surface of the skin
- It may bleed or develop a crusty surface
- Fast growing and aggressive

Keep an eye on these, and visit your doctor if you notice any changes.

## 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 brown-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

Remember to check your skin regularly. See your doctor if you notice a freckle, mole or lump that is **NEW** or **CHANGING** in size, shape or colour; or a sore that does not heal over 4-6 weeks. Use a mirror to check hard to see spots, like your back and scalp, or get a family member, partner or friend to check for you.

*This is intended as a guide only – consult your doctor regarding any concerning spots or unusual changes.*

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