

Spot the difference



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, colour; or a sore that does not heal. 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 suspicious spots.*

HARMLESS /BENIGN	WARNING SIGNS	SKIN CANCER	SKIN CANCER	SKIN CANCER	SKIN CANCER
Freckles	Dysplastic Naevi	Basal Cell Carcinoma	Squamous Cell Carcinoma	Melanoma	Nodular Melanoma
STAY SUN SMART		SEE YOUR DOCTOR		SEE YOUR DOCTOR	
Seborrhoeic Keratosis	Solar Keratoses	Basal Cell Carcinoma	Squamous Cell Carcinoma	Melanoma	Nodular Melanoma


SLIP


SLOP


SLAP

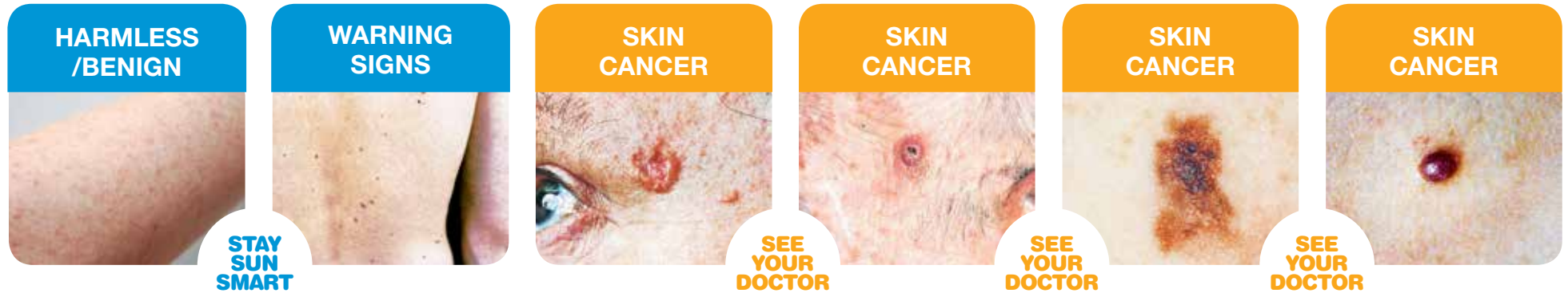

SEEK


SLIDE

Stay SunSmart every day

It's never too late to protect your skin. Skin cancer, skin damage and premature ageing CAN be prevented. By following these simple steps you can significantly reduce your exposure to ultraviolet (UV) radiation.

Spot the difference



Freckles

- Freckles are harmless coloured spots that range in size from 1 to 10mm.

Moles

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

Seborrhoeic Keratosis

- By the age of 60, most people have at least one or two.
- They have a very discrete edge and frequently sit up on top of the skin.
- Colour varies from pale skin through to orange to black.
- Size varies from a few millimetres to 2cm.
- Wart like.

Dysplastic Naevi

- Not skin cancer, but a warning sign that you may be prone to melanoma.
- Characterised by irregular borders and uneven colour with multiple shades of brown and sometimes pink.
- If changing, may require removal to differentiate from early melanoma.

Solar Keratoses

- Not skin cancer, but a warning sign that you may be prone to developing skin cancer.
- Characterised by red, flattish, scaly areas which may sting if scratched.
- If sunspots change and become lumpy or tender, they may have become a skin cancer.

Basal Cell Carcinoma

- Most common skin cancer.
- Appears as a lump or scaling area.
- Red, pale or pearly in colour.
- As it grows, it may become ulcerated like an unhealing sore or one that heals then breaks down again.
- Grows slowly, usually on the head, neck and upper torso.

Squamous Cell Carcinoma

- Not as dangerous as melanoma but may spread to other parts of the body if not treated.
- A thickened red, scaly spot. Later it may bleed easily or ulcerate.
- Appears on sites most often exposed to the sun.
- Grows over some months.

Melanoma

- The most dangerous skin cancer.
- If untreated, cancer cells spread to other parts of the body.
- If treated early, 95% are cured.
- Appears as a new spot, or an existing spot, freckle or mole that changes colour, size or shape.
- Usually has an irregular or smudged outline and is more than one colour.
- Grows over weeks to months, anywhere on the body.

Nodular Melanoma

- May be a red, pink, black or brown dome shaped, firm raised lump, growing in size.
- After a while, it may bleed or crust.
- May grow quickly, hence early treatment recommended to avoid spreading to other parts of the body.
- Some flat melanoma may develop nodular areas late.

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