



# Skin cancer and sun protection.

## How to stay sun smart – and skin smart.

- Remember to 'slip, slop, slap and wrap' when you're out in the sun. Head for the shade and/or cover up with clothing, a hat, sunglasses and use SPF30+ broad spectrum sunscreen daily.
- Try to avoid the sun between 10am and 4pm in summer months.

Your skin is always changing, so don't forget the SPOT rule of thumb:

- S**creen – slap on sunscreen every day.
- P**rotect – cover up or stay in the shade.
- O**bserve – look for changes in your skin regularly.
- T**rack – changes every year with MoleMap.

## Early detection is your best protection.

Did you know that Australia has the highest rate of melanoma in the world?<sup>1</sup> 2 in 3 Australians will be diagnosed with melanoma – it's the most serious form of skin cancer and it can become deadly.<sup>2</sup>

We've created this info sheet so you can learn how to check your skin, know what to look for, and improve your chances of spotting melanoma early.

## Know your melanoma risk.

There are six key factors that can increase your chance of developing skin cancers such as melanoma. See [molemap.net.au](http://molemap.net.au) for more information.

Fair skin

Family & personal history

History of sunburn

Your age

Lots of moles

Unusual moles

## How to check yourself for skin cancer.

Check yourself from head to toe every three months.



## Spot the 'odd one out' – check for:

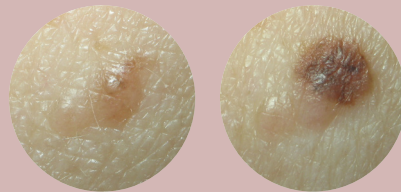
- A spot or mole that's new or different from your other moles.
- A spot or mole that's changing – or has changed - in any way.
- Any sore that doesn't show signs of healing within a few weeks.

If you notice anything unusual or that causes you any sort of concern, see your GP or book an appointment with MoleMap as soon as possible.

## Your skin is always changing. That's why we spot change.

While it's important to self-check regularly, it's not always easy to spot early skin cancer with the naked eye. That's why it's important to get your skin checked professionally every year.

At MoleMap, we combine proven technology with skin cancer expertise to track changes in your skin over time. It's an effective way to spot melanoma early – when it's most treatable.

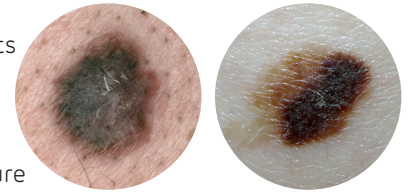


## The three types of skin cancer:

### MELANOMA

**Can be a life threatening form of skin cancer**

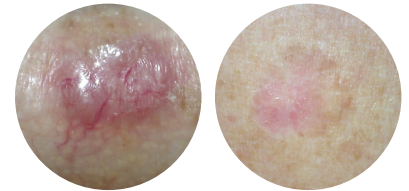
- May grow anywhere, but most commonly in adults on the trunk (males) and on the legs (females)
- May be new or changing in shape or colour
- Can be flat or raised and pink, red, or dark
- Unusual looking with irregular colour and structure



### BASAL CELL CARCINOMA (BCC)

**Most common form of skin cancer**

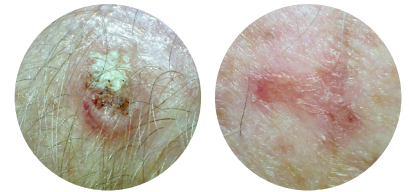
- Slow growing and unlikely to spread
- Surface may be raised or flat
- May be dry or ulcerated, non-healing sore
- May be itchy or bleed easily



### SQUAMOUS CELL CARCINOMA (SCC)

**Second most common form of skin cancer**

- Usually due to long-term sun damage
- Usually appears on sun-exposed skin
- May ulcerate and bleed
- Crusty, pink or red lesions – often tender or sore

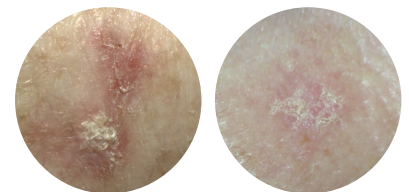


## Other skin conditions to look out for:

### ACTINIC/SOLAR KERATOSIS

**Always on sun-exposed areas**

- Superficial, rough, scaly areas
- May be tender or not sore at all
- Reddened lesions, occasionally pigmented
- Considered precancerous



### SEBORRHOEIC KERATOSIS

**Can appear anywhere on the body**

- Harmless but may be itchy
- More common after age 40
- Wart-like lesions, often dry surface with cracks
- Can be white, pink, yellow or brown

