

A SIMPLE CHECK COULD SAVE YOUR LIFE

Checking your skin regularly for skin cancer could save your life. Look for spots that are new or have changed in colour, size or shape, or non-healing sores.

Show your doctor if you notice anything unusual as skin cancers can be treated if found early. There are three main types of skin cancer to look for:

Basal Cell Carcinoma (BCC)



- Appears as a lump or scaly area that is either red, pale or pearly in colour.
- May bleed or form an ulcer or non-healing sore.
- Grows slowly and is usually found on the head, neck or upper torso.

Squamous Cell Carcinoma (SCC)

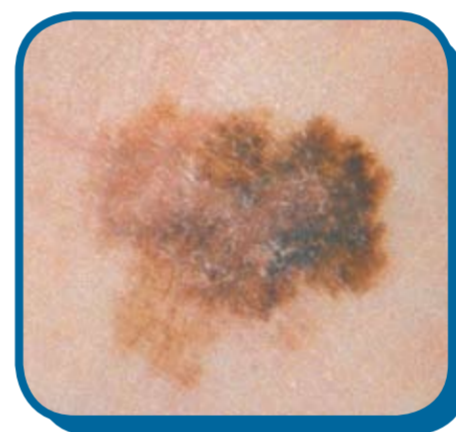


- Appears as a thickened, red scaly spot that may bleed easily.
- May form an ulcer or non-healing sore.
- Grows over a period of months on sun exposed areas.
- If untreated can spread to other parts of the body.

Melanoma

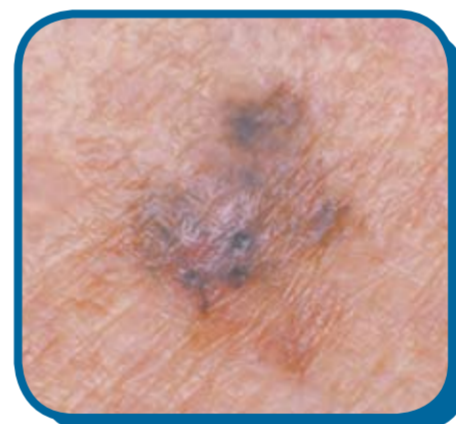
- If untreated can spread to other parts of the body and may cause death.
- Grows quickly over weeks to months.
- Can grow anywhere on the body not just skin exposed to the sun.

Use the ABCD of melanoma detection to check skin spots for:



Asymmetry

If the spot or lesion is divided in half, the two halves are not a mirror image.



Border

A spot with a spreading or irregular edge.



Colour

A spot with a number of different colours through it.



Diameter

A spot that is growing and changing in diameter or size.

Remember – show your doctor if you notice anything unusual.

For more information call the Cancer Council Helpline on 13 11 20 or visit www.cancerwa.asn.au

