

HOW DO I CHECK TO SEE IF I HAVE A SKIN CANCER?

It's your doctor's job to diagnose skin cancer, but you will know better than anyone else if something on your skin is **S**ore, **C**hanging, **A**bnormal or **N**ew.

Here is a simple guide to help you recognise the early signs of skin cancer.

SCAN[®] YOUR SKIN

Look for a spot or mole that is:

SORE

Scaly, itchy, bleeding, tender and doesn't heal within 6 weeks.

CHANGING

Changing in size, shape, colour or texture.

ABNORMAL

Looks different, feels different, or stands out when compared to your other spots and moles.

NEW

Has appeared on your skin recently. Any new moles or spots should be checked, especially if you are over 40.

The more of the above features a spot or mole has, the more concerning it may be. Get it checked by a doctor!

**AUSTRALIA & NEW ZEALAND
HAVE THE HIGHEST RATES OF
SKIN CANCER IN THE WORLD**

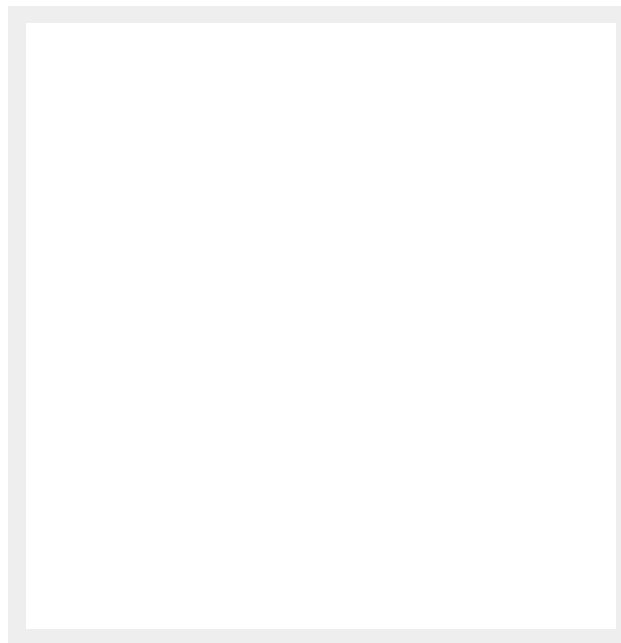
WHO SHOULD I SEE IF I FIND SOMETHING ON MY SKIN?



The Skin Cancer College Australasia's Locate-a-Doctor service will help you find your nearest Skin Cancer Accredited Doctor. These doctors have completed advanced training in skin cancer medicine.

Visit www.skincancercollege.org

The Skin Cancer College Australasia is a not-for-profit organisation that provides advanced training for doctors and nurses to improve the diagnosis and treatment of skin cancer.



Disclaimer: The information in this brochure should not be used as a substitute for advice from a properly qualified medical professional. It is provided for general information purposes only.

ARE YOU AT RISK OF SKIN CANCER?

SCAN[®] YOUR SKIN

KNOW WHAT YOU ARE
LOOKING FOR

 **S**ore

 **C**hanging

 **A**bnormal

 **N**ew

www.scanyourskin.org

SKIN CANCER
COLLEGE
AUSTRALASIA

 **mpa**
Melanoma Patients Australia

 **QIMR Berghofer**
Medical Research Institute



ARE YOU AT RISK?

This simple guide has been developed by doctors and researchers so you can quickly calculate your skin cancer risk and recognise the early signs of skin cancer.

You don't need any special skills – simply answer ten easy questions and take a few minutes to **SCAN** your skin.

SKIN CANCER TYPES

The three main types of skin cancer are:

BCC (Basal Cell Cancer)

- The most common, usually pink and may bleed or itch
- Growth is confined locally, potentially more dangerous on the face

SCC (Squamous Cell Cancer)

- More serious, as they can spread to the lymph glands
- Often arise from sunspots
- Are usually scaly and may be tender

Melanoma

- The most serious, as they can spread via the blood stream throughout the body
- Can arise anywhere on the body, including the face, scalp, lips, ears, under fingernails or toe nails (brown stripes), on the soles of feet, and in areas that have never seen the sun!
- Can be raised or flat, fast or slow growing, and rarely, pink in colour (especially in fair skinned people)

REMEMBER, TOGETHER WITH SUN PROTECTION, EARLY DETECTION IS YOUR BEST DEFENCE AGAINST SKIN CANCER.

WHAT IS YOUR RISK OF DEVELOPING SKIN CANCER?

The **orange** number is the points value for each answer. Write the points for your answers in the white column. Add up your **total points** to work out your risk.

		POINTS
1	What is your gender? Male (1) Female (0)	
2	What is your age group? 60+ (2) 40-59 (1) 39 or less (0)	
3	What is your ethnic origin based on the majority of your ancestors? Northern Europe, Ireland or UK (1) Other (0)	
4	When you went out in the sun without sunscreen, did you burn easily and never tan, (or only tan a little bit)? Yes (1) No, I could get a tan (0)	
5	Since you were born, how many times have you been so severely sunburnt that your skin peeled and blistered? More than 5 (2) 2 to 5 (1) Less than 2 (0)	
6	As a teenager, how many moles and/or freckles did you have? Many (2) Some (1) Few or none (0)	
7	Has anyone in your immediate family had a melanoma? (This is the most dangerous type of skin cancer and is always treated by cutting it out.) Yes (1) No (0)	
8	Have you had any sunspots burnt or frozen off? More than 10 (3) 1 to 10 (2) None (0)	
9	Have you had any type of skin cancer cut out? (e.g. BCC, SCC, Melanoma) More than 10 (6) 1 to 10 (4) None (0)	
10	Were any of the skin cancers in question 9 a Melanoma? Yes (3) No (0) Not applicable (0)	
TOTAL POINTS		

WHAT YOUR SCORE REPRESENTS

SCORE	RISK	WHAT YOU SHOULD DO...
9+	HIGH	• See a doctor for a full body skin check as soon as possible • SCAN your skin yourself every 3 months • Have a full body skin check at least once each year
4 to 8	MEDIUM	• See a doctor for a full body skin check • SCAN your skin yourself at least twice a year • Have a full body skin check every 2-3 years
0 to 3	LOW	• See a doctor for a one-off skin check (or if you have any concerns) • SCAN your skin yourself at least once each year

This is a general guide only. Your doctor may recommend a different skin check programme.

SUN PROTECTION IS VITAL AT EVERY AGE. MORE THAN 90% OF SKIN CANCERS ARE CAUSED BY EXPOSURE TO THE SUN.

*Remember,
Low risk
doesn't mean
NO risk!*