

SKIN CANCER IS THE UK'S MOST COMMON CANCER...

- More people die from skin cancer in the UK than Australia
- Melanoma, the deadliest form of the disease is the most common cancer in the 15-34 age group
- Over the last 25 years, rates of melanoma in Britain have risen faster than any other cancer
- 80% of all skin cancers are caused by over-exposure to the sun and / or sunbeds.

THE FIVE S'S OF SUN SAFETY

1) SUNSCREEN

Apply an SPF 30+ broad spectrum waterproof sunscreen every 2 hours

2) SUNHAT

Always wear a broad-brimmed hat that shades your face, neck and ears.

3) SUNGLASSES

Wear wrap-around sunglasses with UV protection to protect your eyes from the sun's rays.

4) SHOULDERS

Wear protective clothing and always remember to keep shoulders covered.

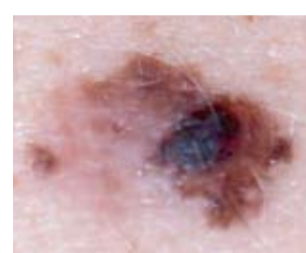
5) SHADE

Always seek shade - particularly during the hottest time of the day between 11am and 3pm.

EARLY DETECTION

YOU SHOULD CONSULT YOUR DOCTOR IF YOU DEVELOP ANY OF THE FOLLOWING SIGNS AS THIS MAY INDICATE A MELANOMA:

- Changing shape, particularly getting an irregular outline
- Changing colour/getting darker, becoming patchy or multi-shaded
- An existing mole getting bigger or a new mole growing quickly
- A mole is bleeding, becoming crusty or looks inflamed
- A mole starts to itch or become painful



A=ASYMMETRY

When half the mole does not match the other half



B=BORDER

When the borders of the mole are irregular/ragged

REMEMBER THE ABCD OF MELANOMA



C=COLOUR

When the colour of the mole varies throughout



D=DIAMETER

If the diameter is larger than a pencil eraser-6mm

Remember, if you have any doubt you should consult your doctor immediately.



Skcin
THE KAREN CLIFFORD SKIN CANCER CHARITY

www.skcin.org