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or itchy

for people with darker skin, it may be irritated, tender hands or soles of the feet. Sunburn can feel different it might affect different places like the palms of the People with darker skin tones can get skin cancer too –

freckles, or skin that burns easily are also at higher risk.

hair, you're at higher risk. People with lots of moles or if you have light skin, light coloured eyes, light or red

Does skin tone affect my risk?

E. Evolving – Anything that changes over time

shape

D. Diameter – Might be the width of a pencil (6mm or more) and could be getting bigger or changing

or be different from other moles

C. C: Colour – May be uneven with different colours, or be different from other moles

don't look the same

A. Asymmetry – The two halves of your mole

'ABCDE' helps us remember mole changes to look out for.

Skin Cancer facts

Skin cancer is the **5th** most common cancer in the UK

In the UK there are **16,700** cases of skin cancer every year

86% of melanoma skin cancer cases could be prevented in the UK

People who first use a tanning bed before the age of 35 increase their risk for melanoma by **75%**

To help prevent skin cancer:

- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher daily
- Seek the shade, especially between 11AM and 3PM
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses



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Healthworks
the community health charity

Information used in this booklet was provided by Healthworks Cancer champions, Cancer Research UK and Melanoma UK.

For more information visit:

- www.healthworksnewcastle.org.uk
- www.cruk.org/sun
- www.melanomauk.org.uk

Protection against Skin Cancer (part 2)

Spot skin cancer early

right, don't ignore it.

skin checks, but if something doesn't look or feel quite

make a real difference. There's no need to do regular

case is cancer – but if it is, we know finding it early can for you or won't go away, tell your doctor. Not every

can affect anyone of any age. If something's not normal

Remember: when it comes to your health – you're in charge!

any of these:

been there for a while, tell your doctor if you notice

Whether it's a mark or mole that's new, has changed or

- Any other changes that aren't normal for you

- A mole or growth that bleeds, oozes, crusts or scabs

- A spot, mole or sore that itches or hurts

- A new growth or sore that won't heal

- A change in a patch of skin or a nail

Melanoma check for the signs

Because melanoma is particularly serious, you should be familiar with the signs to look for. **The ABCDE of melanoma can help you to detect it early.**

A

Is the spot asymmetric?



Benign



Malignant

B

Does it have uneven borders?



Benign



Malignant

C

Does it contain different colours?



Benign



Malignant

D

Is it larger than 6mm in diameter?



Benign



Malignant

E

Is there an evolution in growth?



Benign



Malignant

EVOLUTION is the most important of the ABCDE warning signs.

A spot that has changed in size, shape, colour, elevation or another trait (such as itching, soreness, bleeding or crusting).

Melanoma UK encourages everyone to get regular skin checks with a healthcare professional. If you notice new or changing spots Melanoma UK advises you to seek immediate medical advice.



MELANOMA UK
Fighting Melanoma Together

Find out more: www.melanomauk.org.uk
Melanoma UK: 0800 171 2455

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