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Spot skin cancer early
Cancer is much more common in people over 50, but it can affect anyone of any age. If something's not normal for you or won't go away, tell your doctor. Not every case is cancer – but if it is, we know finding it early can make a real difference. There's no need to do regular skin checks, but if something doesn't look or feel quite right, don't ignore it.

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

Whether it's a mark or mole that's new, has changed or been there for a while, tell your doctor if you notice any of these:

- A change in a patch of skin or a nail
- A new growth or sore that won't heal
- A spot, mole or sore that itches or hurts
- A mole or growth that bleeds, oozes, crusts or scabs
- Any other changes that aren't normal for you

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

- A.** Asymmetry – The two halves of your mole don't look the same
- B.** Border – Might be irregular, blurred or jagged
- C.** Colour – May be uneven with different colours, or be different from other moles
- D.** Diameter – Might be the width of a pencil (6mm or more) and could be getting bigger or changing shape
- E.** Evolving – Anything that changes over time

Does skin tone affect my risk?

If you have light skin, light coloured eyes, light or red hair, you're at higher risk. People with lots of moles or freckles, or skin that burns easily are also at higher risk. People with darker skin tones can get skin cancer too – it might affect different places like the palms of the hands or soles of the feet. Sunburn can feel different for people with darker skin, it may be irritated, tender or itchy

Protection against Skin Cancer (part 2)

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



Healthworks
the community health charity

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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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?



B

Does it have uneven borders?



C

Does it contain different colours?



D

Is it larger than 6mm in diameter?



E

Is there an evolution in growth?



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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