



Dermatology

Skin Cancer: Self-Examination and Prevention



Skin cancer is the most common type of cancer. It is also the most preventable cancer.

Guidance for Self-Examination

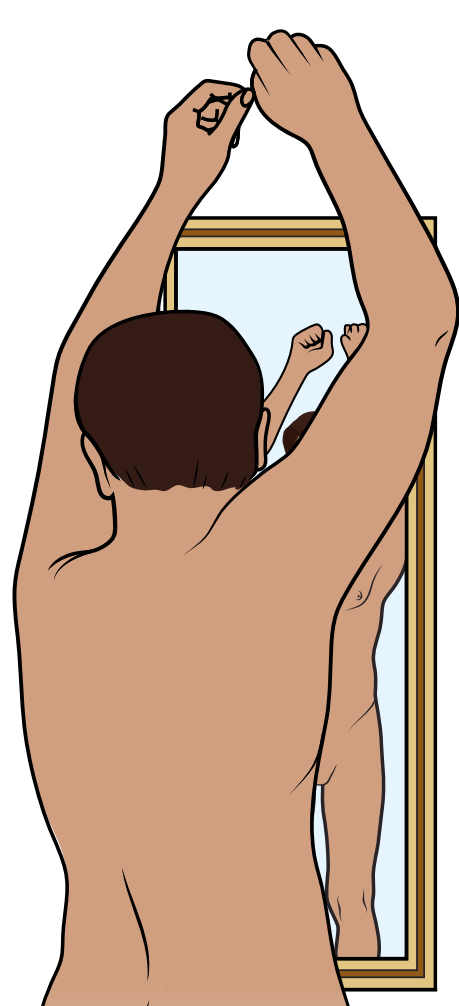
- ✓ Examine yourself once a month in a room with lots of natural light
- ✓ Look at the entire surface of your skin carefully
- ✓ Be careful to also check difficult-to-reach parts of your body
- ✓ Use mirrors and ask a trusted person for help, especially on your back side
- ✓ Learn the look and feel of moles + blemishes + freckles and other marks
- ✓ Come to know their patterns, so that you know what is normal for you



Avoid skin damage by following the "SunSmart" advice of the Australian Cancer Council:

- Slip on covering clothing
- Slap on sunscreen
- Slap on a hat
- Seek shade
- Slide on some sunglasses

Contact your doctor if you find anything new or unusual or if you notice any changes over time in the size, shape, color or feel of the marks on your skin.



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