



Check your skin regularly

Regular skin checks increase the chance of detecting skin cancer at an early stage, when the tumours are easier to treat. You have a better chance of being successfully treated and cured if the skin cancer is found early.

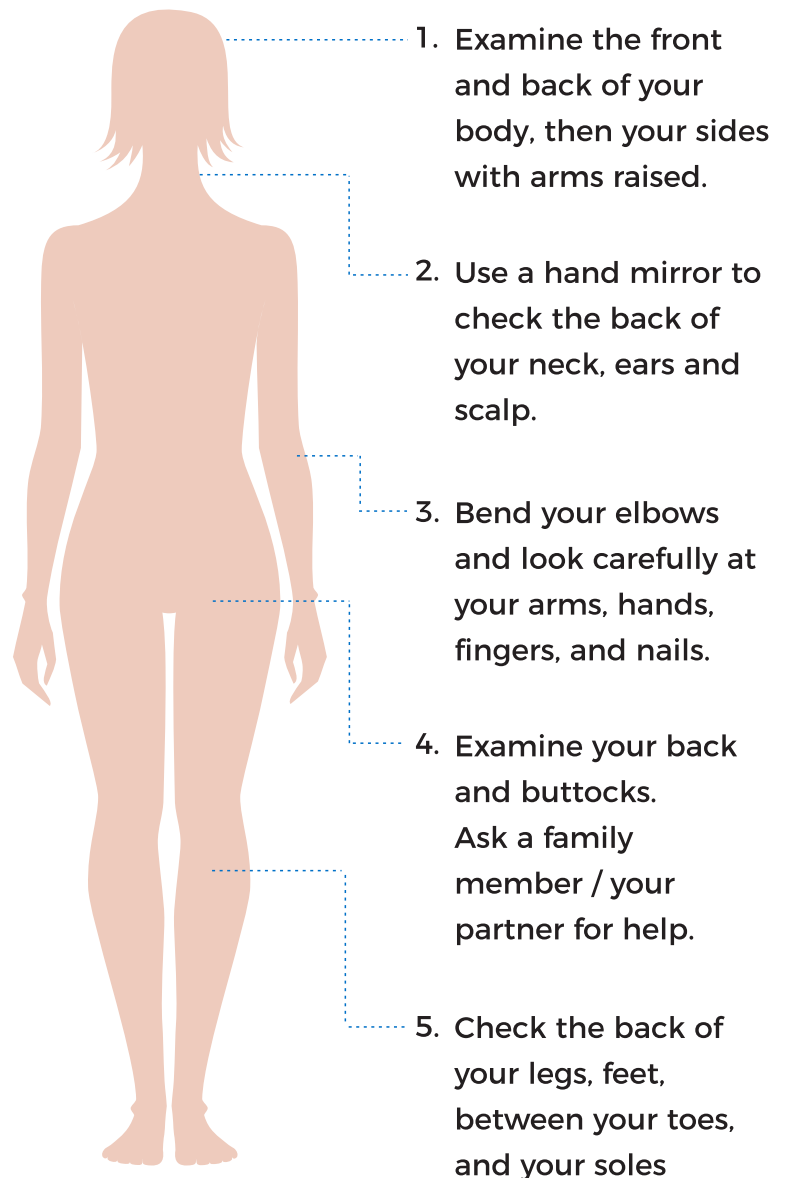
Where to look

Examine your whole body, including skin that is not exposed to the sun. Using a hand-held mirror, start at the top of your scalp and work your way down your body, remembering to look behind your ears, the backs of your arms, under your feet, and between your toes. Ask a loved one to check difficult areas, like your head, back and neck.

What to look for

- A new mole or skin spot
- A freckles or mole that has changed in colour, shape or size
- A mole that looks different to the others
- A spot that is itchy or may bleed
- A raised or lumpy spot

If you are concerned about any skin changes, book a skin check. You should get a professional exam at least once a year.



2 out of 3 Australians will get skin cancer.
Prevention and early detection is the only defence.
Protect yourself with regular skin checks at National Skin Cancer Centres.